




**Telling it like it is**  
Pupils shine in public speaking competition  
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**Supporting and educating**  
Parents and carers attend Canary Wharf conference  
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**We're proud of new school**  
Pupils and staff delighted with rebuilt Woolmore  
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ISSUE 1052 23 - 29 MARCH 2015

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# eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

# Street speed limit slashed to 20mph

BY STEFAN SWIFT

**A 20MPH speed limit will come into effect on the borough's roads after resounding support from residents.**

Eighty per cent of respondents to a public consultation last October said they were in favour of reducing the limit.

The limit will be imposed from Monday, April 13 and applies to all of the borough's

roads excluding red routes, which are managed by Transport for London (TfL).

The council directly consulted with the emergency services, neighbouring boroughs, local business groups and TfL

about the proposed reduced speed limit.

TfL signalled its support by announcing last week that Commercial Street – operated by TfL and not the council – will also have a 20mph limit to coincide with the borough-wide implementation in April.

By introducing a borough-wide limit, the council is seeking to address safety while dealing with increased traffic volumes, cyclist safety, haulage vehicles and pedestrian levels.

Mayor Lutfur Rahman said: "The council is committed to making the borough's streets and roads safer.





"The introduction of a 20mph limit is an effective starting point to achieve this aim."

Cllr Shahed Ali, cabinet member for clean and green, added: "20mph speed limits have been successfully introduced to other London boroughs and have been found to be effective at reducing accidents without increasing congestion."

## FOREVER BLOWING BUBBLES



Children celebrate the opening of the new Wapping Children's Centre. For the full story, see page 7

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# Make the call

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# Raising awareness of a hidden crime

“Child sexual exploitation is a hidden crime and this initiative will help us raise awareness within a vital group – those who witness all manner of scenarios on a daily basis.”

DETECTIVE INSPECTOR JONATHAN BURKS

## News

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*East End Life* is printed on recycled paper – when you have finished with the newspaper, please recycle it.



OLDER residents enjoyed a knees-up at the mayor's Spring Tea Dance last Thursday in the art deco surroundings of the The Troxy in Limehouse. Mayor Lutfur Rahman joined in the fun, chatting to the over-50s during an afternoon filled with music, line and ballroom dancing, cakes and sandwiches. The event, organised by the council's arts and events team, attracted nearly 700 residents, who enjoyed music from DJ Frank. For the full story and more photos, see next week's *East End Life*.

# Look out for the signs of sexual exploitation

BY STAFF REPORTER

**POLICE have launched a joint operation with the council and the borough's business community to help identify potential victims of child sexual exploitation.**

Operation Makesafe, launched last Wednesday, March 18, seeks to raise awareness within the hospitality, transport and licensed premises trades about the possible warning signs to look out for.

Businesses are being told to be aware of adults befriending young people, includ-

ing buying them food and drinks; young people being picked up and taken to hotels, particularly at odd times of the day and night; adults who frequently visit premises with different young people; and young people who, although with peers, look uncomfortable or under duress.

Individuals will be encouraged to report any concerns to a dedicated hotline manned by specially trained police call-handlers.

Detective Inspector Jonathan Burks from Tower Hamlets CID said: "A common feature of child sexual exploitation is that the child or young person does not recognise

the coercive nature of the relationship and does not see themselves as a victim of sexual exploitation. As a result, they are unlikely to report the abuse, meaning the issue remains seriously under-reported.

"It is therefore essential that not only police and partners, but also the wider community, are alert to the warning signs."

He added: "We all have a responsibility to keep our children and young people safe from harm and getting the local business sector on board will assist in the prevention, detection and safeguarding of those at risk."

## Inside this week's issue

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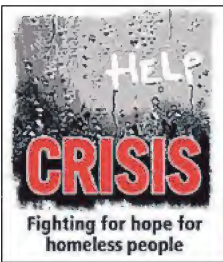
*East End Life* is also available on audio tape – if you know someone who would like to receive it in this format call 7364 4309 or email [mariette@soundtalking.co.uk](mailto:mariette@soundtalking.co.uk)

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## Pop-up shop in aid of charity Crisis

Pick up a bargain item of clothing and accessories at homelessness charity Crisis' pop-up shop at Crisis Skylight Café, 64 Commercial Street, Spitalfields on Sunday, March 29.

[WWW.CRISIS.ORG.UK](http://WWW.CRISIS.ORG.UK)

## Women's history

Women's History Month events continue until the end of March – see [www.alternativearts.co.uk](http://www.alternativearts.co.uk)

### News

## Lawyers sum up in court

THE Election Court will re-sit this week for the lawyers from both sides to present their final and summary arguments on Tuesday, March 24.

Four voters have taken legal action against Mayor Lutfur Rahman and want Election Commissioner Richard Mawrey, who has been sitting as a judge, to declare the result of last May's mayoral election void and order a re-run. Mr Rahman denies wrongdoing.

The hearing was held over six weeks during which time witnesses gave evidence for the petitioners and for Mr Rahman.

Before last week's recess Mr Mawrey advised the lawyers to prepare their closing statements for Tuesday. The judge will then decide the outcome of the hearing.



THERE was live entertainment with singing and dance performances when the East London Chinese Community Centre celebrated International Women's Day earlier this month.

Held at Trussler Hall in Poplar, the day, entitled **Harmonies from the East**, included talks on mental health awareness.

"It was a great opportunity to acknowledge the achievements of women past and present, raise awareness, be inspired and feel empowered," said manager Yen Chan.

Invited guests included local MP Jim Fitzpatrick and Sister Christine Frost from Neighbours in Poplar. (Left) Kim Chan and her daughter Yen Chan at the celebrations.

### News in brief

## Clocks go forward

CLOCKS go forward by one hour at 1am on Sunday, March 29, marking the start of British Summer Time (BST) and more daylight hours.

## Tackling ASB

RESIDENTS are invited to a public meeting to find out how the council, police and social landlords can crackdown on drug-taking and anti-social behaviour.

The meeting will take place on Saturday, March 28 at Idea Store Whitechapel (Learning Lab 3), 321 Whitechapel Road, E1 from 12.30pm. Email [shamim.khatun@towerhamlets.gov.uk](mailto:shamim.khatun@towerhamlets.gov.uk) or call 7364 3890.

## Potter's studio fire

FIRE crews tackled a small fire in an artist's pottery studio on Columbia Road, Bethnal Green after a family living in a flat above smelt smoke and raised the alarm. No-one was in the studio when the fire began on Tuesday, March 17. It is believed to have been caused by a faulty electrical connection in a kiln.

## Cemetery meeting

A DISCUSSION about the future of London's cemeteries is being held this Thursday, March 26.

The free event at 5pm at Tower Hamlets Cemetery Park, off Southern Grove, Mile End, will feature a guided walk around the park and tea. Email [k.spence2@arts.ac.uk](mailto:k.spence2@arts.ac.uk)

# Burial ground lease signed

BY SAM GOUGH

## THE council has signed a 125-year lease on a multi-faith burial ground.

The 6.2-acre site will secure burial plots for the use of Tower Hamlets residents when the number of grave spaces both nationally and locally is diminishing.

The council is hoping the acquisition of the £3 million site in Bromley, Kent will help

make the cost of burials more affordable for residents burying their loved ones.

In October 2014, a report showed that funerals are becoming increasingly unaffordable for many people. The average cost had increased by 87 per cent since 2004 – and the cost in London was £4,836.

Tower Hamlets is one of the most densely populated boroughs in London but burial space is at a premium and

the cost of land in the borough is high.

The council has been searching for a site for many years and looked outside the borough to find one that was reasonably priced and met its requirements.

The cabinet has agreed that the council will charge £650 per burial, covering the cost of the burial plot and interment.

Mayor Lutfur Rahman said: "Establishing a multi-faith burial ground for the people of

Tower Hamlets has been one of my priorities for a long time.

"Before today, we had no operational burial site – and residents would have to go elsewhere, where they would face premium charges. Now we have an affordable space, where it is accessible for all residents, of all faiths to rest in peace."

Cllr Rabina Khan, cabinet member for housing and development, said: "This is something that people in Tower

Hamlets have been calling out for some time. Given the increasing cost of living, to deliver a site where people can afford to bury their loved ones is a real achievement for the council."

The council intends to continue the existing burial subsidy scheme, established in 2008, to operate alongside the new multi-faith burial ground.

This supports residents by providing more choice in where they can bury loved ones.

## Central is in schools' top 10

## A SECONDARY School in the borough is officially one of the best in the country for student progress and attainment at GCSE.

Central Foundation Girls' School in Bow received national recognition for the value it adds to students' high achievement, after the Schools, Students and Teachers Network (SSAT) carried out its annual analysis of government data on state schools in England.

Central Foundation will

receive two SSAT awards by being in the top ten per cent of schools nationally for progress between key stage 2 at primary school and GCSE results at age 16; and in the top 20 per cent nationally for high attainment.

Sue Williamson, chief executive of SSAT, said: "Central Foundation should be congratulated for its exceptional achievement."

Ms Williamson said the results were testament to the commitment and hard work of the school's students, teachers and leadership team.

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## Zen approach to cutting emissions

Through the Zero Emissions Network, the council offers free energy audits as well as discounts and free trials of electric vehicles and cargo bikes. You can follow ZEN on Twitter...

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## Working together

East London NHS Foundation Trust is working with Phoenix School as part of World Autism Awareness week.

SEE BELOW

### News

# Barts in special measures

BY JESSICA ODUBAYO

**BARTS Health has been placed in special measures, following the publication of a report into the quality of services at Whipps Cross Hospital in Waltham Forest.**

The hospital is one of six in London, including three in Tower Hamlets, run by the health trust.

England's chief inspector of hospitals rated the services

provided by Whipps Cross as inadequate, after an inspection by the Care Quality Commission (CQC) last November.

Inspectors found that urgent and emergency services, medical care, surgery, end of life care, outpatients and services for children and young people were inadequate.

The hospital's critical care and maternity and gynaecology services were rated as requiring improvement.

Barts Health, which also runs

the Royal London Hospital in Whitechapel, the London Chest Hospital, Bethnal Green and Mile End Hospital, has been told to make immediate improvements at Whipps Cross.

The findings from inspections at two other hospitals – the Royal London and Newham General – are expected to be published last this year.

Trust chief executive Peter Morris said the special measures regime was designed to aid service improvement by

providing help and support where it was most needed.

He said support would be targeted at areas where the trust was most challenged and where it needed to make significant improvements as rapidly as possible.

Sir Sam Everington, local GP and chair of NHS Tower Hamlets Clinical Commissioning Group, said: "We welcome the approach to strengthen site management at Whipps Cross Hospital and we will be

working with Barts Health to ensure that a similar approach is adopted for the Royal London Hospital site."

He said that although the CQC inspectors had yet to report on the quality of services at hospitals in Tower Hamlets, the commissioning group had been monitoring the work of Barts Health through monthly quality review meetings and quality assurance visits to wards, to improve quality of services, patient safety and patient care.

## Community get-together

**FOUR Poplar communities will come together this week, as part of an inclusivity drive.**

Community organisation South Poplar and Limehouse Action for Social Housing (Splash) has organised a week of activities aimed at linking residents in the Poplar community with Canary Wharf, Crossrail and Tower Hamlets College.

Manager Sister Christine Frost said: "We all live and work within a half-mile radius of each other and we are physically connected by a glass bridge.

"We all want to cross that bridge in order to engage with and support each other."

Activities include a tour of Canary Wharf on Monday, March 23; an open evening at Tower Hamlets College on Tuesday; lunch at St Matthias Community Centre, Poplar High Street on Wednesday; a jobs fair on Thursday; a health open day for older people on Friday; and a play day on the Will Crooks Estate on Saturday, March 28.

The week ends with a football tournament and barbecue at the Workhouse Leisure Centre, Poplar High Street on March 29.

In support of the scheme, the DLR is backing an art project to decorate the glass bridge that connects Poplar High Street with Canary Wharf.

For further information call Splash on 7987 0257.



Pupils at Canon Barnett Primary School enjoyed a riotous Red Nose Day – and raised more than £700



PRIMARY school pupils Mani, 7, and Noa, 6, did their bit for charity when they turned up at Smithy Street School with an orange Mohican hairstyle and dressed as a ninja cat respectively on Red Nose Day, March 13.

Proud mum India Cummins said she has put the children's photos on Facebook and friends are making donations for their efforts.

## Red Nose Day record breakers

**STAFF and pupils at Canon Barnett Primary School in Aldgate broke all their previous records to raise £716 for Comic Relief on Red Nose Day.**

The day started with an assembly where teachers performed a funny song and dance. Three of them then volunteered to have red noses painted on them by pupils.

During the day, 250 children paid teachers 50p to have their own faces painted and they also had a competition to see which class laid out the longest trail of coins.

The highlight for many was the gunking of year 5 teacher Rebekah Greenslade.

The day ended in the school hall where children sold red nose-themed produce.

### News in brief

#### Raising awareness of life with autism

EAST London NHS Foundation Trust is working with Phoenix School in Bow to host activities as part of World Autism Awareness Week which starts on March 27.

There will be information stalls at: Canary Wharf on Tuesday, March 24; the trust headquarters in Alie Street, Aldgate, on March 25; Mile End Hospital, London Muslim Centre, Whitechapel and the Royal London Hospital, Whitechapel on March 26; the Town Hall, Mulberry Place, Poplar on March 27.

The mental health trust works with younger adults with autism to provide support, programmes to improve social skills and communication, and initial treatment for associated mental disorders.

For further information visit [www.eastlondon.nhs.uk](http://www.eastlondon.nhs.uk)

#### Tackling pollution

THE council's award-winning Zero Emissions Network (ZEN) is hosting a pop-up event in Brick Lane this week with a display of electric cars, cargo bikes and bike mechanics.

The project aims to improve air quality by encouraging businesses to use lower-emission energy and travel options, to help improve the environment and save money.

And the ZEN team is hoping to raise awareness of its aims and issues surrounding air pollution at the event on the corner of Bacon Street.

It also hopes new businesses will sign up to the network at the event this Wednesday, March 25 from 8.30am-3.30pm.

There will also be free coffee and pizza on offer.

#### Bring-and-buy sale

A BRING-and-buy sale is being held at All Hallows Church, Blackthorn Street, Bow this Saturday, March 28.

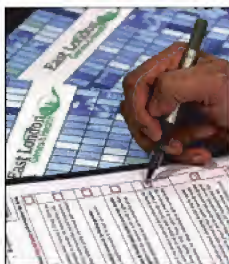
The event runs from 1-3pm to raise money for the Open Doors charity, which helps orphaned children in Syria and Iraq. Admission is free.



## Contact the mayor

To contact the mayor, call his office on 7364 4993 or email him at [mayor@towerhamlets.gov.uk](mailto:mayor@towerhamlets.gov.uk)

[WWW.TOWERHAMLETS.GOV.UK/MAYOR](http://WWW.TOWERHAMLETS.GOV.UK/MAYOR)



## Tackling health inequality

“We hope to reveal crucial information about the link between genetics and common diseases which will have significant international impact on healthcare.”

PROF RICHARD TREMBATH, QMUL

### News

## Bigland boosts under-5s care

**LAST week the council opened Bigland Children's Centre – a fantastic new facility near Shadwell in the west of the borough.**

Bigland is our 13th children's centre and joins the ranks of a hugely popular service providing excellent support for parents and children under five.

I am pleased that, despite the challenging financial circumstances local government currently faces, here in Tower Hamlets we are continuing to put local people's needs first.

This isn't always easy – budget savings mean that we have to consider everything we do and services are going to face changes.

But I have been keen to protect essential services which people rely on wherever I can.

In light of the financial challenges we face, it might be a while before we open another children's centre, but the ones we have now are an excellent local resource. I hope as many people as possible continue to benefit from the high quality services they provide.

As well as great support services, we all know that a balanced, nutritious diet also contributes to a good start in life.

This is one of the reasons why I introduced free school meals for every primary pupil in the borough last year.

Now the council has joined up with celebrity chef Jamie



**LUTFUR RAHMAN** MAYOR OF TOWER HAMLETS

Oliver to help local parents improve their cooking skills and to further promote healthy eating.

As part of the council's partnership with Jamie's Ministry of Food, 14 parents are being trained and will be able to pass on their experiences to others by delivering cooking programmes in schools and community venues.

Along with the other healthy living initiatives, like the Healthy Families programme and Food for Health awards, which encourage food outlets to sell healthier food, we're taking positive steps to make Tower Hamlets a healthier borough.

Finally, I'm delighted that the council's parking services received recognition at the British Parking Awards 2015 earlier this month.

The parking and mobility services and customer access teams won an Exceptional Customer Service award. Congratulations to everyone involved for all their hard work.

**Mayor Lutfur Rahman**

100,000 people of South Asian origin sought for health project

BY JESSICA ODUBAYO

**ONE of the world's largest community based genetics studies has been launched in Tower Hamlets.**

And 100,000 people from east London are being given the opportunity to play a key role in improving the health of future generations by taking part.

Led by Queen Mary University of London (QMUL), the East London Genes & Health study will look into the genetic code and medical records of people of South Asian origin – with the aim of improving understanding of the links between genes and environmental factors in causing disease.

The findings will then contribute to improving healthcare and the long-term prevention and treatment of a number of diseases which particularly affect local communities, such as heart disease and diabetes.

Pakistani and Bangladeshi communities have some of the highest rates of poor health in the UK – and Tower Hamlets and Newham have the lowest life expectancy of all London boroughs.

Professor David van Heel, who is co-leading the study, said: “East London Genes & Health is entirely focussed on improving local health.

“Not only do South Asian people have some of the



Prof David van Heel and a laboratory assistant at the QMUL's Blizard Institute

## Genetics study to improve healthcare

highest rates of poor health in the UK, they are also markedly under-represented in medical research and therefore not likely to benefit from the advances in genetics which are shaping the future of medicine.

“We aim to change this and we need local support to make it happen.”

The university is working with Barts Health NHS Trust and charity Social Action for Health to recruit residents aged 16 and over from Tower Hamlets and other boroughs.

The study is open to adults with and without health problems who are of Bangladeshi, British-Bangladeshi, Pakistani or British-Pakistani origin.

Volunteers will donate a saliva sample which will then be examined for genetic information and this will be linked with their health records. Participation in the study is confidential and no details will be passed on or shared.

Professor Richard Trembath, vice-principal for health at QMUL, said: “We are seeing

positive effects of east London regeneration every day – in the London 2012 Olympics and Crossrail development – but we urgently need regeneration of east London health.

“The launch of East London Genes & Health is a milestone for QMUL. However, we believe strongly that the project does not belong to us, but to the community of east London as a whole.”

For details on how to take part or for more information, visit [www.genesandhealth.org](http://www.genesandhealth.org)



Harriette (centre) receives her award

## Harriette's 'fantastic accomplishment'

**A MEDICAL student from Queen Mary University of London visited the Houses of Parliament as a finalist in the Student Volunteer of the Year awards.**

Harriette Pearson made it through to the final five of the competition with her idea, Project Play.

The 22-year-old identified an opportunity for medical

students to engage with children and teenagers admitted to the Royal London Hospital in Whitechapel, by setting up volunteer playgroups to bring the two together.

So far, 47 student volunteers have taken part in the scheme since the beginning of this academic year.

The sessions have helped boost confidence among the

patients involved and developed the communication and understanding skills of volunteers.

Harriette said: “I feel proud of the volunteers, who I see leading sessions with confidence and skill, shouldering the responsibility of looking after a large group of sick children with apparent ease.”

A spokeswoman from Student Hubs, which organises

the awards, said: “The judges were impressed by Harriette's determination to create something to address an issue that she had identified.”

The judges also recognised her leadership abilities, saying: “To overcome the barriers faced by busy medical students and provide a relevant opportunity that benefited everyone involved is a fantastic accomplishment.”





## 'Cleaner and environmentally friendly'

The borough's new Local Biodiversity Action Plan was launched in October 2014 and builds on the successes of the last plan, which was adopted in 2009.

LEFT, A SPARROW TERRACE, CABLE STREET

## Improving their area

Weavers residents are overseeing the spending of £10,000 from the council through community ward forums.

SEE BELOW

### News

# Awards for youth space, poppies and Bow School

BY SAM GOUGH

## THE borough's cultural and architectural achievements were recognised at the 2015 Civic Trust Awards.

Three major projects came away with prizes, including a special award for Blood Swept Lands and Seas of Red, the stunning poppy installation based at the Tower of London.

Bow School was commended for its contribution to the quality and appearance of the built environment and Spotlight Youth Space, designed for

Poplar Harca, received an award.

The Civic Trust Awards were established in 1959 to recognise the best in architecture, design, planning, landscape and public art. Awards are given to projects that demonstrate high-quality architecture or design, have demonstrated sustainability, are accessible to all users and have made a positive cultural, social or economic contribution to the local community.

Cllr Gulam Robbani, cabinet member for education and children's services, said: "It's incredible to see national recognition for one of our brand new

school buildings. These new spaces are well-designed, and consider not only the needs of students, but also of the local community."

Blood Swept Lands and Seas of Red marked the centenary of Britain's involvement in World War I and attracted millions of visitors as 888,246 ceramic poppies progressively filled the Tower's moat last year. Each poppy represented a British military fatality during the war.

The installation won one of eight special awards presented at the Civic Trust Awards – and was selected for its outstanding

credentials, including being the most visited art installation in the world.

Spotlight Youth Space in Poplar is a £7 million project to help improve the provision of youth facilities in Tower Hamlets. It has state-of-the-art studios, film, design and broadcast facilities, with performance, dance, boxing and fashion spaces, a café, offices and meeting rooms, which are all available to use for free.

Spotlight Youth Space was also recently shortlisted for a World Architecture Festival Award.



Photo by David Darrell-Lambert

## Seen any Cockney sparrows?

### WORLD Sparrow Day last Friday, March 20 highlighted the importance of providing nest sites for the endangered birds.

The house sparrow is a priority species in the council's Local Biodiversity Plan, which commits to providing additional sparrow terrace nest boxes or dense climbing plants on buildings at 20 sites across the borough by 2019.

Just last month, a box was installed by volunteers at the Cable Street Community Garden, and Tower Hamlets Homes has also installed a sparrow terrace in each of its 27 neighbourhoods in 2012-13.

House sparrows have disappeared from parts of the borough, as they have from many places in London, but there are still strong populations in

certain places such as Mudchute Park and Farm.

The new biodiversity plan sets a number of objectives, alongside additional nest sites for sparrows, including five new hectares of woodland, 20 new sites for bat boxes in a range of locations, 500 metres of new hedgerow and 250 metres of vegetation on dock walls and floating islands along the canals.

Cllr Shahed Ali, cabinet member for clean and green, added: "The Local Biodiversity Action Plan is a big commitment from the council to ensure our borough is cleaner and more environmentally friendly.

"Investing time and effort in this will ensure Tower Hamlets is a colourful, vibrant and great place to live for residents today, and in the future."

A NEW venue for Wapping Children's Centre has opened in Shadwell. The site at Mulberry and Bigland Green Centre in Bigland Street offers drop-in sessions for parents, carers and children as well as crèches so parents and carers can attend adult education or training courses. Staff held an education event for children, their parents and visitors to mark the site's opening last Wednesday, March 18 by Cllr Gulam Robbani, cabinet member for education and children's services.

Guests were given a tour of the new facility and were able to enjoy stalls, play activities and food.

Visitors were also given the



opportunity to meet staff and find out about the wide range of children's services and activities available. Children took part in play activities such as dancing, face painting, games and crafts. There were also information stalls offering adult education and healthy living advice.

Mayor Lutfur Rahman said: "Opening this new site is another positive step by the council in providing services for all of our residents. I hope they enjoy using this wonderful new facility."



Cllr Robbani with parents, children and carers at the opening of Bigland, and helping a youngster with her painting

## Take a walk on the wild side

### AN app showcasing fascinating walks in Tower Hamlets will be re-launched at Arnold Circus this Thursday, March 26.

The Weavers Green Trail and app was created by the Weavers community ward forum, with funding provided by the council.

A smart phone app accompanies the trail, which allows residents to join organised walks with guides covering places of interest and historical landmarks in the ward.

Residents can follow the trail

and upload comments and feedback via the app.

They will be re-launched at Arnold Circus on Thursday from 2.30pm and residents are invited to go along, pick up a free map and find out more about the walks.

If you can't make it, there will be signs on key sites along the trail, and you will also be able to pick up free maps at designated shops and health centres with Green Trail stickers.

Visit <http://weaversgreentrail.commonplace.is>







## Developing a culture of responsibility

The Youth Employment Project is part of the Community Alcohol Partnership, a programme that works to develop a culture of responsible drinking in youngsters under the age of 18.

SEE BELOW

### Useful information



## Training tackles youth drinking

### News from Tower Hamlets public health team

**A PILOT project designed to tackle underage drinking and anti-social behaviour (ASB) has already seen young people rise to success through training and employment.**

The Youth Employment Project (YEP) was created to empower young people and target NEETs: young people who are 'not in education, employment or training.' The pilot took place in an area identified as having high rates of ASB.

The council worked in partnership with Gateway Housing Association through its Support to Employment Programme (STEP) and Sainsbury's to provide young people with two weeks of work experience at the Whitechapel store after completing a short training and qualification course.

The participants finished with an accredited qualification from City & Guilds which is recognised internationally. To qualify, recruits underwent 12 hours of training which included CV writing, interviewing tips as well as writing assignments done as homework.

Four young people completed the programme.

Since then, one participant has started an apprenticeship on smart meter installation, one has enrolled to retake their GCSEs and another has been actively looking for employment with the support of a key worker.

Dave Tolley, head of con-

sumer and business regulations at the council, said: "YEP has successfully empowered these young people, giving them confidence to consider more positive steps for the future."

"The informal settings and small classroom sizes proved beneficial as it created more of a relaxed environment. We found the participants were able to bond with each other and were more forthcoming with open discussions."

The participants spoke of their new found skills and self-esteem.

Frank Jones, 17, who finished the programme, said: "It's helped with my confidence and I now have work experience to put on my CV."

Sayeed Hussain, 17, said: "Before the course, I wasn't doing anything. I was finding it difficult to get motivated and I was hanging out with my mates all the time."

The initiative is part of the Community Alcohol Partnership (CAP), a national programme that works locally to develop a culture of responsible drinking and prevent retailers from selling to youngsters under the age of 18.

It is hoped the council will continue to offer this programme across other areas of the borough and enable other young people to start off on the right foot.

For more information on the CAP or YEP programmes visit [www.towerhamlets.gov.uk/cap](http://www.towerhamlets.gov.uk/cap) or contact Cam Lieng, licensing officer at [cam.lieng@towerhamlets.gov.uk](mailto:cam.lieng@towerhamlets.gov.uk) or call 7364 0384.

### Chemist rota

**Pharmacists in Tower Hamlets with extended opening hours.**

#### E1

**ABC Drug Stores**, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.  
**Beck & Sherman**, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.  
**Sainsbury's**, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.  
**Chapel**, 139 Cannon Street:

Mon-Fri 9am-8pm,  
Sat 9am-6pm.

#### E2

**Fairdale**, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.  
**Florida**, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

#### E3

**Bell**, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.  
**Forward**, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

**Green Light**, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.

**Lincoln**, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.

**Tesco**, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

#### E14

**Boots**, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm.  
**Britannia (Perimart)**, Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

### Doctors

**Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor).**

To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

### Advice

#### Family Information Service (FIS)

The Family Information Service provides information for people from birth to age 19 including helping parents and carers find high quality childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm. 30 Greatorex Street, E1. [fis@towerhamlets.gov.uk](mailto:fis@towerhamlets.gov.uk) 7364 6495

#### Tower Hamlets Home Birth Support Group

Last Thurs of each month, 8pm. 31 Ridgale Street, E3. 8981 1159

#### Parents Advice Centre (PAC)

Offers impartial advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues, 9.30am-3.30pm & Fri, 9.30am-3.30pm. 7364 6489

#### LinkAge Plus

Toynbee Hall is one of five network centres that co-ordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1 7392 2914 [www.toynbeehall.org.uk](http://www.toynbeehall.org.uk)

### Welfare advice

All the organisations listed below can help you with welfare benefits, housing and general debt problems.

#### Account 3

1-9 Birkbeck Street, E2. 7739 7720 [www.account3.org.uk](http://www.account3.org.uk)

#### Bangladesh Youth Movement

21-23 Henriques St, E1. 7488 1831/2

#### Bromley by Bow Centre

St Leonard's Street, E3. 8709 9737 [www.bbbc.org.uk](http://www.bbbc.org.uk)  
**Citizens Advice Bureau (CAB)** 32 Greatorex Street, E1. 7247 1050 [www.adviceguide.org.uk](http://www.adviceguide.org.uk)

#### Island Advice Centre

Island House, Roserton Street, Isle of Dogs, E14. 7987 9379 [www.island-advice.org.uk](http://www.island-advice.org.uk)

#### Legal Advice Centre

University House, 104 Roman Road, E2.

8980 4205 [www.legaladvicecentre.org.uk](http://www.legaladvicecentre.org.uk)

#### Limehouse Project

Cheadle Hall, Cheadle House, Copenhagen Place, E14. 7538 0075 [www.limehouseproject.org.uk](http://www.limehouseproject.org.uk)

#### Praxis (New Residents Service)

Pott Street, E2. 7729 7985 [www.praxis.org.uk](http://www.praxis.org.uk)

#### Tower Hamlets Law Centre

(specialist advice by appointment). Tower Hamlets Law Centre, Unit 1, St. Anne's Street, off 789-791 Commercial Road, E14. 7538 4909 [www.thlc.co.uk](http://www.thlc.co.uk)

### Debt advice

#### Toynbee Hall Advice Service

28 Commercial Street, E1. 7392 2953 [advice@toynbeehall.org.uk](mailto:advice@toynbeehall.org.uk) [www.toynbeehall.org.uk](http://www.toynbeehall.org.uk)

#### Fair Money Advice

530 Commercial Road, E1. 7702 8032 [www.fairfinance.org.uk](http://www.fairfinance.org.uk)

#### Island Advice Centre

Island House, Roserton Street Isle of Dogs, E14. 7987 9379 [www.island-advice.org.uk](http://www.island-advice.org.uk)

#### National Debt Line

0808 808 4000 [www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)



## Photo order form

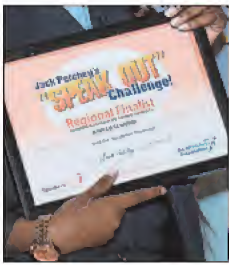
Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk) and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name .....

Address .....

Issue no. Page no.





## Challenge sees students speak out

Jack Petchey's Speak Out Challenge is the biggest event of its kind in the world. Now in its ninth year, more than 18,000 year 10 students are expected to compete for over £15,000 worth of prizes.

## Shakespeare for school

Playing Shakespeare sees the Globe Theatre offer free tickets to secondary schools, sponsored by Deutsche Bank.

### Schools news

# 'Magical talents' at Wigmore Hall concert



Pupils at the Wigmore Hall concert

**CHILDREN** have been getting excited by classical music by taking part in a project developed by central London concert venue Wigmore Hall.

As part of the Chamber Challenge, pupils from Arnheim Wharf, Bygrove and Manorfield primary schools composed music with the Heath Quartet string group, later performing alongside them at Wigmore Hall and at Arnheim Wharf School, Isle of Dogs.

Janet Banzaca, curriculum leader for the arts at Arnheim Wharf, said youngsters started learning violin or cello at school last September.

"This project gave them the opportunity to write music for their instruments and perform it with string players at the top of their profession. The experience of performing on the stage at Wigmore Hall is something the children will never forget. Many of them discovered musical talents they didn't know they had."

### News in brief

#### Othello for free

MORE than 250 students from Tower Hamlets had free tickets to the Globe Theatre to see a performance of Shakespeare's Othello.

Set in World War I, the production was specially created for 11- to 18-year-olds.

Five schools from the borough visited the theatre earlier this month and, for many, it was their first experience of live theatre and of a Shakespeare play.

The production was part of an annual project in which secondary schools in London are offered free tickets at the Globe.

#### Pupils' Abbey date

PUPILS from Stewart Headlam Primary School in Bethnal Green attended a multi-faith service at Westminster Abbey to mark Commonwealth Day.

They were among around 2,000 guests who listened to speeches and watched performances on the theme A Young Commonwealth.

The children saw the Queen, Prince Charles and the Duke and Duchess of Cambridge, William and Kate, at the event.

Pupil Miraj Hoque said: "It was a great experience seeing the royal family, hearing the different speeches and prayers from different faiths. I really enjoyed the afternoon."

#### Teaching star

A FOUNDATION learning teacher at Tower Hamlets College is starring in a recruitment film encouraging graduates to train for a teaching career in the further education sector.

In the film entitled Teach Skills, Touch Lives, Rabia Khanom talks about why she went into teaching and the personal rewards she gets from her job.

"I went into teaching after I had my own children as I realised that skills I was using as a mum were transferable. That boosted my confidence," Rabia said.

The film, produced by the Education and Training Foundation, can be viewed on YouTube. For information on a teaching career visit [www.fe.advice.org.uk](http://www.fe.advice.org.uk) or call 0300 303 1877.

# Minister McVey drops in to Langdon Park careers day

A SPEECH entitled 'confidence is beauty' won Bishop Challoner College student Jenifer Semedo, pictured below, top prize in the regional final of a public speaking event. She was one of more than 350 year 10 students from nine Tower Hamlets schools who took part in the Speak Out Challenge, organised by the Jack Petchey Foundation. The event featured a day of public speaking and training on how to communicate effectively.

Jenifer fought off stiff competition from 14 other speakers and won a £100 gift certificate and a chance to go through to the challenge final in July.

"I'm overwhelmed and shocked," she said.

Nuzhah Miah, 15, from Central Foundation Girls' School, came second with a speech about the effect of media on society; and third place went to Laura Stewart, 15, from Sir John Cass Foundation & Red Coat School with her speech 'gay is okay'. Poplar & Limehouse MP Jim Fitzpatrick presented the awards, telling the students: "You are a credit to your families, schools and the borough."



Employment minister Esther McVey joins pupils at the Langdon Park careers day

BY JESSICA ODUBAYO

**MINISTER** for employment Esther McVey was among prominent figures who took part in a careers event at Langdon Park School.

And she was so impressed with the students that she invited ten of them to another careers event in Covent Garden the following day.

Ms McVey joined other guest speakers at the Inspiring the Future event who included BBC news presenter Nina Warhurst,

solicitor and Apprentice contestant Felipe Alvaire-Baquero, actor and scriptwriter Adam Goodwin and Martin Halford, a director of Barclays Bank.

Head teacher Richard Fitzgerald said the event was an opportunity for students to meet people established in the careers they might want to follow and seek advice on how to make a start in those careers.

"It was great to have the support of the employment minister and for so many other important people to give their

time to help our students succeed," he said.

"I'm particularly pleased that Esther McVey was so impressed by our students that she invited ten students to another careers event at a theatre in Covent Garden the next day and welcomed them personally from the stage."

Representatives from the worlds of banking and finance, technology, law, journalism, fashion, academia, acting, scriptwriting and other professions attended the Langdon Park careers day.



## Art for everyone

"Everyone deserves a portrait, not just those who can afford it. Art is not just for the well fed."

CHRISTIAN FURR



## 'Captured my children's characters'

"The paintings are amazing. I hope they end up with someone who cherishes the work, and the sale raises enough money to support children who are living in poverty."

ALIMA BEGUM, MOTHER OF MARYAM AND ZAHID, PAINTED BY ARTIST JOHN WRAGG

### News

# Art sale raises funds for child poverty

BY JESSICA ODUBAYO

**FIFTY leading artists are showcasing a unique set of work this week, as part a project to raise awareness about child poverty and raise money to tackle child deprivation in Tower Hamlets.**

Last year, UK charity Miracles launched an appeal for artists to offer their time and skills to each produce a portrait of a young person in the borough.

Fifty artists volunteered and 50 children of various ages took part in the experience by meeting the artists and sitting to have their images painted.

Now, all the finished artwork will be sold and the proceeds used to alleviate poverty in the borough.

Some of the artists and their sitters spoke about their work at a preview event held at Citibank in Canary Wharf.

Bernice Wilson, who gave up a career as a teacher to become a full-time artist concentrating on portraiture, worked with Simona Viackute, a former student of Bishop Challoner School who is now studying film production at university.

"I was matched with Simona. We met a couple of times and I took photos of her. I worked on the portrait for about three to four months," Bernice told East End Life.

Simona commented: "It was really nice to have my portrait painted and seeing the final product was quite exciting. My mum really likes it."

Bernice said: "I hope whoever buys the



(Clockwise from below) Artist Bernice Wilson and Simona; Emma Sergeant's portrait of Asiya; artist Ilaria Rosselli Del Turco with her painting of Rukia; artists Nick Archer and Michael Frith with their portraits of Marvelous, Tasfia and Tanzin; Maryam admires her portrait by John Wragg



painting gets as much enjoyment out of it as I did creating it."

Emma Sergeant produced a portrait of 16-year-old Asiya Khatun, a student at Sir John Cass Foundation & Red Coat School in Stepney.

"I wanted to be involved in the project because I believe every child deserves the same opportunities in life and I want to highlight the issue of child poverty in Tower Hamlets," Emma said.

"I have been given many opportunities

in my life and it is important for me to give something back."

Asiya, who is taking GCSE art and carrying out research into surrealist artists, said: "I met Emma at her studio in Chelsea and sat for two hours while she sketched away. Seeing my portrait has given me a real appreciation of art. The project has shown that there are many poor people in Tower Hamlets. I hope my picture ends up with someone who loves art."

Her parents Abdul Alim and Husnara Khatun got their first glimpse of the portrait at the preview.

"The painting is very nice. I am really proud of Asiya," her dad said.

Alima Begum, mother of five-year-old Maryam and Zahid Sufian, 8, said artist John Wragg produced portraits of her children from photographs taken at their Wapping home.

"The paintings are amazing. They capture the children's characters. I hope the paintings end up with someone who cherishes the work. All the work is unique. I hope the sale raises enough money to support children who are living in poverty," Alima said.

James Burton, project director of fifty children, fifty artists, said: "The project is a celebration of Tower Hamlets and the children who live there. We believe every child should be afforded the same opportunities irrespective of the lifestyle they have been born into – the portraits are symbolic of that opportunity."



The portraits will be exhibited at Shoreditch Town Hall, 380 Old Street, EC1, from March 23-27.

All the works, as well as signed original postcards, are for sale.







## £6 million cost of second helicopter

The cost of a second helicopter for London's Air Ambulance, and extending daylight flying hours over five years, is £6 million. It hopes to be in operation by summer 2015.

[WWW.LONDONSAIRAMBULANCE.CO.UK](http://WWW.LONDONSAIRAMBULANCE.CO.UK)

## Make a donation

The Your London, Your Helicopter campaign is hoping to raise £4.4 million. To fund raise or donate,

[VISIT.YOURHELICOPTER.LONDON](http://VISIT.YOURHELICOPTER.LONDON)

### News

# “Trauma doesn't have a postcode”

BY JESSICA ODUBAYO

**LONDON'S Air Ambulance treated 104 patients in Tower Hamlets last year, making it one of the busiest boroughs for the service.**

Across London, the helicopter emergency service cared for 1,806 patients with injuries sustained in road accidents, falls, stabbings and shootings, and other incidents.

The charity delivers an advanced trauma team to critically injured people in the capital.

It is appealing for funding towards buying a second helicopter and

## But Tower Hamlets one of busiest for air ambulance

to extend its daylight flying hours.

Chief executive Graham Hodgkin said: “While our statistics show that we were busier in some areas of London than others, trauma can happen to anyone, anywhere at any time.

“Trauma doesn't have a postcode and neither do we. By releasing these statistics we are hoping to raise awareness of that fact and that the charity is here to serve everyone in London.”

Jim Fitzpatrick, MP for Poplar & Limehouse, urged Tower Hamlets residents to back the appeal: “I hope the public responds positively and generously to the appeal. The need for a second helicopter is very clear.”

To donate to the Your London, Your Helicopter campaign, for a second helicopter and extended daylight flying hours, text HELICOPTER to 70800 to donate £5 or visit [www.yourhelicopter.london](http://www.yourhelicopter.london)



Poplar & Limehouse MP Jim Fitzpatrick, with lead paramedic Graham Chalk and Dr Chrissie Hymers



## Maa, you inspire me to dream...

# Badhubaran

## Mon-Sat 6:00 PM

### Star Jalsha on Sky 808 & TalkTalk 404



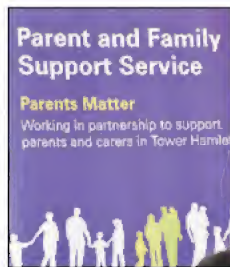
**StarJalsha**  
চলো পালাই



## Helping achievement

The ninth parent conference celebrated the crucial role parents and carers play in raising achievement.

SEE BELOW



## There might be a course for you

The council offers a range of very popular support and courses for parents. For more details call the parent and family support service on 7364 6398 or email...

PARENTING@TOWERHAMLETS.GOV.UK

### News

# 160 attend parent conference

BY IAN READ  
PHOTOS BY CARMEN VALINO

### A RECORD number of more than 160 parents and carers attended the council's annual parent conference.

Held on March 11 at Canary Wharf, it celebrated the crucial role parents and carers play in raising children's learning and achievement, and sought to encourage even further improvements.

The theme of the event was Families Matter – Raising Achievement and Realising Aspirations, and featured speeches and workshops aimed at giving advice and guidance on how parents can help their children improve their learning and education.

Practical measures parents can take include attending dedicated courses to keep up with the latest learning techniques, and providing space and equipment for revising and working at home.

Those attending included parents, grandparents and foster carers.

Guest speakers included Cllr Gulam Robbani, cabinet member for education and children's services, and Robert McCulloch-Graham, the council's director of education, social care and wellbeing.

Cllr Robbani said: "Despite the many challenges, Tower Hamlets parents and carers have shown they are more committed than ever to supporting



Canary Wharf provided the backdrop to the conference



One woman has her say

Lily Islam, a member of the Parent and Carer Council



A healthy living workshop got the parents involved

their children's learning and ensuring young people have more opportunities to achieve."

The keynote speaker was Claire Frost, assistant head teacher at Langdon Park School, where dedicated sessions have been held to help parents sup-

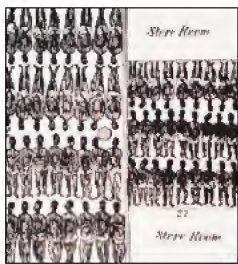
port their child's learning at home and also consider all of the options that are available for further education and training.

Conference workshops gave parents an opportunity to explore ideas for healthy living to raise attainment and also to widen horizons of young people and their

families to pursue university places and apprenticeships.

The Tower Hamlets Parent and Carer Council spoke briefly about their experiences and encouraged other parents to join and contribute to the development of services for families in the borough.





## International day to remember

Wednesday, March 25 is the International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade. For more information go to...

[WWW.UN.ORG/EN/EVENTS/SLAVERYREMEMBRANCEDAY/INDEX.SHTML](http://WWW.UN.ORG/EN/EVENTS/SLAVERYREMEMBRANCEDAY/INDEX.SHTML)

## Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at [johnrennie@gmail.com](mailto:johnrennie@gmail.com)

[WWW.EASTLONDONHISTORY.COM](http://WWW.EASTLONDONHISTORY.COM)

### History

# Raise a glass to the scourge of Britain's slavery society

Brick Lane brewer Sir Thomas Fowell Buxton was a key player in freedom movement

BY JOHN RENNIE

**THE crowds thronging Brick Lane in search of street food, craft beer and eye-wateringly expensive 'vintage' clothes may not notice the Blue Plaque on the wall of the Old Truman Brewery. And if they do, they might ask 'Thomas who?'**

They can be forgiven, for most of us (keen if casual students of history as we are) are unaware of the name of Sir Thomas Fowell Buxton.

Which is remarkable. For even had Buxton not been an extraordinary businessman – entering the family brewing business as a relatively distant relative and within years owning the lot – he was one of the most important figures in our social history.

A campaigner for prison reform, against capital punishment, for the rights of the Spitalfields weavers, and against cruelty to animals, he was also a prime mover in the abolition of slavery.

March 25 is International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade. And this week, as every year, there are events remembering a dark time in the world's history.

Some 15 million people were deported from Africa during the centuries of the trade. Many more were murdered. Many died in transit, and countless others perished from appalling conditions when they reached the Americas and the Caribbean.

Around a third of the slaves are estimated to have been women – hence this year's theme, Women and Slavery.

And, perhaps most important of all, slavery persists today, albeit illegal and hidden rather than an accepted part of our balance of payments.

Thomas Fowell Buxton was born on April 1, 1786 at Castle Hedingham in Essex.

His mother, Anna, was a crucial influence. Not only was she a Quaker (the Buxtons were worshippers in the Church of England) but she was a daughter of the Hanbury family, of Truman and Hanbury brewing fame.

The latter would provide a job, as Thomas



joined Truman, Hanbury & Co in Brick Lane in 1808.

The former would profoundly influence his beliefs, as he became friends with prominent Quakers Joseph Gurney and his sister Elizabeth Fry – he would marry their sister, Hannah Gurney, too.

Fry is one of the most famed English social reformers, earning the sobriquet 'the Angel of Prisons' for her tireless attempts to improve conditions for convicts, at a time when most people felt prisoners were only getting their just deserts.

Thomas provided financial support for her campaign, and was also putting money into helping the distressed weavers of Spitalfields.

Around his offices in Brick Lane he would have seen the poverty created as weaving moved from the attics of the area into new factories.

In the 21st century many wealthy business people will donate money for charity, but how many campaign to change

society itself? Buxton was looked at askance by many of his class as he fought for an end to capital punishment – and an end of slavery. Surely these people had to pay for their crimes? And many a London fortune had been built on slavery.

The anomaly was that the slave trade had been abolished in 1807, but many people continued to be enslaved. In 1823, Buxton helped found the Society for the Mitigation and Gradual Abolition of Slavery, while condemning slavery itself as repugnant to the principles of the British constitution and the Christian religion.

The movement reaped swift rewards: in 1833, slavery was abolished throughout the Empire, remaining only in India.

But Buxton was a practical man too, a businessman, who by now owned the brewery. And so he proposed that trade should replace slavery.

The 1841 Niger Expedition was a bold attempt to put this into practice, but foundered as a quarter of the British



Above: the World Anti-Slavery Convention

members died of fever. The expedition was abandoned – Buxton, by all accounts, was devastated.

Look closely today and you'll often find Buxton just at the edge of the picture. On June 16, 1824, a meeting at Slaughter's Coffee House in St Martin's Lane created the Society for the Prevention of Cruelty to Animals (soon to become the RSPCA after Queen Victoria gave her support) and Buxton was the founding chairman.

Look on the back of the £5 note and Elizabeth Fry is proudly centre of the picture – with Buxton off to one side.

On a painting of the 1840 World Anti-Slavery Convention, Thomas Clarkson is the focus, arm raised, lecturing the audience; Buxton meanwhile is at the left edge of the picture, looking out.

And David Livingstone, a far more famous name, was influenced by Buxton's idea on trade replacing slavery.

But soon after the failure of the Niger drive, Buxton was withdrawing from the picture. He was created a baronet that same year but his health was failing.

Certainly he had suffered other travails: he and Hannah had eight children, but four of them had been carried away during April 1820, all victims of the whooping cough epidemic – a fifth died later of consumption.

The First Baronet Buxton died on February 19, 1845 – he was just 58.

So next time you pass the Blue Plaque adorning the home of what was once the world's biggest brewer, pause for a second. And perhaps reflect that without this quiet reformer, the world today would be a very different, and far worse, place.

This isn't simply dry history, for Buxton's fight isn't over: slavery continues throughout the world, even in Britain.

Left: Sir Thomas Fowell Buxton



A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at

WWW.TOWERHAMLETS.GOV.UK

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at [www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm](http://www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm)

Meetings

Tuesday, March 24

7.15pm: Extraordinary overview & scrutiny committee

For details call 7364 4878 or email [david.knight@towerhamlets.gov.uk](mailto:david.knight@towerhamlets.gov.uk)

Wednesday, March 25

7pm: General purposes committee

For details call 7364 4878.

7.30pm: Human resources committee

For details call 7364 4651 or email [matthew.mannion@towerhamlets.gov.uk](mailto:matthew.mannion@towerhamlets.gov.uk)

Tuesday, March 31

6.30pm: Extraordinary licensing committee

For more information call 7364 4120 or email [simmi.yesmin@towerhamlets.gov.uk](mailto:simmi.yesmin@towerhamlets.gov.uk)

Tuesday, April 7

7.15pm: Overview & scrutiny committee  
For details call David Knight (see left).

Wednesday, April 8

5.30pm: Cabinet  
More information from Matthew Mannion (see left).

Thursday, April 9

7pm: Development committee  
For details call 7364 4877 or email [zoe.folley@towerhamlets.gov.uk](mailto:zoe.folley@towerhamlets.gov.uk)

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except cabinet.



Tower Hamlets online

[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections



Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Planning

**E1**  
**Roccoco House, 65 Princelet Street** – replacement of two pole-mounted telecoms antennae and installation of SAMO cabinet measuring 750 x 600 x 1980mm at roof level.  
**44-46 Settles Street** – internal reconfiguration of five existing residential units and erection of new loft extension to provide two studio and four residential units.

**E2**  
**193 Vallance Road** – partial demolition of existing building, with new build elements to

create: change of use of single-dwelling house to two flats – one ground floor 1-bed/2-person unit and one first- and second-floor duplex 3-bed/5-person unit.

E14

**4 Bradshaw Cottages, Repton Street** – single-storey rear extension and loft conversion with front and rear dormers.

This is not a definitive list of all current planning applications. For more details go to [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk) and click on Planning & Building.



Ade Adepitan with the award winners

We're stars of good service

**THE council's parking and mobility services, and customer access teams have won an award for customer service.**

They saw off competition from both the private and public sectors to pick up the Exceptional Customer Service award at the national British Parking Awards 2015 ceremony, hosted by Parking Review magazine.

Staff from parking and mobility services were also

finalists for the team of the year. Mayor Lutfur Rahman said: "I am proud that the hard work and commitment of our staff has been recognised."

"As a council, we pride ourselves on continuing to improve all of our services." The winners were announced by Ade Adepitan, the Paralympian and TV presenter, at a ceremony at Lancaster London Hotel on March 6.

The audience included parking managers, attendants, traf-

fic engineers, architects, construction companies, parking adjudicators, rail companies and airport operators.

The judges praised the teams for responding to the needs of the community.

They added: "The submission paints a picture of improvement at what was one of the least well performing London councils, at least judged by Parking and Traffic Appeals Service performance, which is normally a good indicator."

Drug treatment providers

Community Drug Team

Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1. 7790 1344 [www.lifeline.org.uk](http://www.lifeline.org.uk)

Nafas

Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1. 7377 0676.

Harbour Recovery Centre

In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E14. 7538 9421

Young People's Service

Treatment for under-19s. Unit 26, Skyline Village, Limeharbour, E14. 3069 7878 [www.lifeline.org.uk](http://www.lifeline.org.uk)

Isis

For women aged over 18 c/o Hopetown Hostel, 60 Old Montague Street, E1. 7426 0399 [www.compass-uk.org](http://www.compass-uk.org)

Community Alcohol Team

Unit 22, Skylines Village Limeharbour, E14. 0800 008 7200 [www.rapt.org.uk](http://www.rapt.org.uk)

Somali Substance Misuse

Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081

*Maureen Ann Delenian*

It is with great sadness to report that Maureen Ann Delenian - artist, free spirit and women's rights champion (widely known in Poplar and throughout East London for her multi-coloured hair) passed away on Monday 16th March peacefully at home.

Her children, Stephen, Peter and Stuart, and her grandchildren, Sarah and James, invite you to attend her funeral and memorial service on **Thursday 2nd April, 3.15pm at The City of London Crematorium, Aldersbrook Road, London E12 5DQ.**

**NITROUS Driving School**

[www.nitrousdrivingschool.co.uk](http://www.nitrousdrivingschool.co.uk)  
**07956 222 611**

**Special Offer**  
**Manual and Automatic**  
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\*Introductory offer  
\*Terms and conditions apply

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First 2 hrs £25+

Discounts for Students, Block Booking, Intensive Courses

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\*Conditions Apply

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[alam@fastremoval.co.uk](mailto:alam@fastremoval.co.uk)  
**07957 191 134**





## Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

[MY.TOWERHAMLETS.GOV.UK](http://MY.TOWERHAMLETS.GOV.UK)



## Did you get it?

Last week's photo was of the Brown Bear in Leman Street, E1.

## Council information

### Town Hall

Town Hall, Mulberry Place,  
5 Clove Crescent, E14 2BG.  
7364 5000

### Hotline numbers

Housing benefits – 7364 5001  
Council tax – 7364 5002  
Parking services – 7364 5003  
Streetline – 7364 5004  
Adult social care – 7364 5005  
Children's services – 7364 5006  
Pest and noise nuisance –  
7364 5007  
Employment & skills service  
(Skillsmatch) – 7364 3727  
Environmental health,  
trading standards & licensing  
– 7364 5008  
Planning & development  
– 7364 5009  
Business rates – 7364 5010  
Recruitment line – 7364 5011  
Electoral services – 7364 0872  
Tower Hamlets Homes – 7364  
5015  
Healthline – 7364 5016

### General enquiries

Council enquiries – 7364 5020.

### Useful housing numbers

Housing repairs – 0800 376 1637  
Tenancy support – 7364 5544  
Housing advice (E14) – 7364 7507  
Housing advice (E1, E2 or E3)  
– 7364 3558  
Homeless service – 7364 7474  
Choice-based lettings  
– 7364 0244  
Homeseekers – 0845 270 2400

### Switchboard

If you know the name of the person or department, call the switchboard on 7364 5000.



THERE'S still time to enjoy Taste Brick Lane month this March and head down to the famous spot to try some of the many flavours on offer. Eat and tweet your way through the many delicious dishes available, and get exclusive discounts and offers from participating restaurants. Tell others on social media or in a message about your visit using #tastebricklane – and follow @TowerHamletsNow on Twitter to be in with a chance of winning some tasty treats, along with an iPad. Keep your eyes peeled for competitions throughout March.

### Report it!

**To report an incident, use these 24-hour freephone numbers:**

Non-emergency crimes – 101  
Textphone – 18001 101

If a crime is in progress, there is an emergency or if anyone is in immediate danger dial 999.

**The council's domestic violence team** can provide information, signposting and referrals to local services. Bengali speakers available

0800 279 5434 (office hours)  
**24-hour domestic violence national helpline**

0808 2000 247  
**Haven Whitechapel (sexual assault referral centre)**

7247 4787  
**Karma Nirvana (Honour Network Helpline)**  
0800 5999 247  
**Broken Rainbow (LGBT domestic violence)**  
0845 260 4460  
**Black Women's Health & Family Support**  
8980 3503  
**Rights of Women**

**(legal advice)**  
7251 6577

**Victim Support Line**  
0845 30 30 900  
**Victim Support Tower Hamlets**  
8555 8254  
**NSPCC Child Protection Helpline**  
0800 800 5000  
**Childline**  
0800 1111  
**Shelterline**  
0808 800 4444  
**Respect (for perpetrators)**  
0845 122 8609

**Reunite (advice about child abduction)**

0116 2556 234  
**Men's Advice Helpline**  
0808 8010 327  
**Samaritans**  
08457 909090

**Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict**  
Free service for council tenants and leaseholders. 7702 8305

**Trading standards**  
Consumer Direct: 08454 040506

### Walk-in services

#### One Stop Shops

**Bethnal Green** – 1 Rushmead, off Bethnal Green Road, E2  
**Bow & North Poplar** – John Onslow House, 1 Ewart Place, E3  
**South Poplar** – 15 Market Square, Chrisp Street, E14  
**Stepney & Wapping** – Idea Store Watney Market, 260 Commercial Road, E1.  
**Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.**

### Idea Stores

**Bow** – Gladstone Place, E3.  
**Canary Wharf** – Churchill Place, Canary Wharf, E14.  
**Chrisp Street** – Vesey Path, E14.  
**Whitechapel** – 321 Whitechapel Road, E1. 7364 4332  
**Watney Market** – Commercial E1. 7364 4332  
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

### Libraries

**Bethnal Green** – Cambridge Heath Road, E2. 8980 3902  
**Cubitt Town** – Strattondale Street, E14. 7987 3152  
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.  
**Local History Library and Archives** – 277 Bancroft Road, E1. Open Tues, 10am-5pm; Weds, 9am-5pm; Thurs, 9am-8pm; Sat (1st & 3rd of the month), 9am-5pm.  
7364 1290; email localhistory@towerhamlets.gov.uk

## HAVE YOU MADE YOUR WILL?

**PETER BOWYER (MIPW, MSWW)**  
**Professional Will Writing Services**

Member of the Institute of Professional Will Writers and the Society of Will Writers

**HOME VISITS**

**0800 389 7387**

**0207 001 7711**

Visit: [www.londonwills.com](http://www.londonwills.com)

## HAVE YOU MADE YOUR POWER OF ATTORNEY?

If you become ill and cannot look after your affairs then without a Lasting Power of Attorney a government secret court could take over the running of those affairs. Likewise if you are in care or ill the same court could decide on your treatment and welfare without any of your loved ones having any say in what happens to you.

**MAKE A POWER OF ATTORNEY FOR PROPERTY AND AFFAIRS AND ANOTHER FOR PERSONAL WELFARE**

## SERVICES INCLUDE

- Single/Double wills
- Powers of Attorney
- Property Protection Trusts
- Wills for "Partners"
- Home Visits
- HUNDREDS OF SATISFIED CLIENTS LOCALLY

The CODE OF PRACTICE of the Institute of Professional Will Writers is approved by the Government's "Trading Standards Institute".



# Isku soo dhawaashada

War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.

7364 3179

The Bengali East End

## ৫ দিনের বেঙ্গলী ইস্ট এন্ড এক্সিবিশন শুরু হচ্ছে ২৩ মার্চ

ইস্ট লন্ডনে বাঙালির বসতি স্থাপনের ইতিহাস নিয়ে ৫ দিনব্যাপি এক প্রদর্শনী শুরু হচ্ছে সোমবার ২৩ মার্চ। টাওয়ার হ্যামলেটস কমিউনিটি হাউজিংয়ের হেড অফিস ২৮৫ কমার্শিয়াল রোড, ই১-এ আয়োজিত এই প্রদর্শনী সবাই ঘুরে দেখার সুযোগ পাবে বিনামূল্যে। পড়ুন পৃষ্ঠা ১৭তে নিউজ ইন ব্রিফ কলামে।

BENGALI EAST END EXHIBITION BEGINS ON MARCH 23

## Harmony

# Liisan la siinayo Laandloordhada

Licensing scheme proposed for private landlords – page 25

**KAWNSULKU wuxu jiri-nayaa in uu soo rogo mushruuc liisameed, si ay suurtagal u noqoto in la kala xadeeyo laandkoor-da ka fiican iyo ka xun.**

Taasi oo macnaheedu tahay in laandloordhada gaarka ah loo baahanayo in ay liisan ka qaataan kawnsulka, si ay gurya-hooda uga kireeyaan dadweynaha.

Marka hore mashruucan liisanka ee la soo jeediyey wuxuu ku ekaan doonaa todoba

gobol oo ay ka mid yihiin Blackwall iyo Cubitt Town, Bow East, Bow West, Millwall, Spitalfields iyo Banglatown, Weavers iyo Whitechapel.

Waxaa la samaynayaa 12 todobaad oo wada tashi ah oo lagu eegayo mashruucan liisanka, kawnsulkuna wuxuu rajaynayaa in ay ereygooda ka dhiibtaan waaxda hantida gaarka ah ee laandloordhiska, kiraystayaasha iyo ganacsataduba.

Siaad uga qaybqaadato, eeg

[www.towerhamlets.gov.uk/llsconsultation](http://www.towerhamlets.gov.uk/llsconsultation)

Xilliyada, meelaha dadweynuhu iman karaan 6-30pm waa: Abriil 14 – St Margaret's House (Bow West); Abriil 20 – Harry Gosling School (Whitechapel); Abriil 30 – PDC Bethnal Green (Weavers); Meey 5 – Idea Store Bow (Bow East); Meey 12 – Idea Store Whitechapel (Spitalfields & Banglatown); Meey 18 – Rowing Club (Millwall); Juun 1 – Mulberry Place (Blackwall & Cubitt Town).



The opening of the new centre in Shadwell

টাওয়ার হ্যামলেটস কাউন্সিল পরিচালিত ওয়াপিং চিলড্রেন সেন্টারের নতুন একটি সাইট উদ্বোধন করা হয়েছে বুধবার ১৮ মার্চ শেডওয়েলের বিগল্যাভে। কাউন্সিলার গোলাম রব্বানী আনুষ্ঠানিকভাবে এর উদ্বোধন করেন। দিনব্যাপি উদ্বোধনী অনুষ্ঠানে শিশুরা নাচ, ফেইস পেইন্টিংসহ বিভিন্ন ধরনের খেলায় অংশ নেয়। এ উপলক্ষে কাউন্সিলের আইডিয়া স্টোরের উদ্যোগে আয়োজিত হয় স্টোরিটাইম সেশন, আরও ছিলো বিগল্যাভ গ্রীন স্কুলে টডলারদের ফুটবল ম্যাচ লিটল কিকারস এবং টাওয়ার হ্যামলেটস আর্টস এন্ড মিউজিক এডুকেশন সার্ভিসের মিউজিক ক্লাশ।



**MUQDARADII Red Nose ee dugsiga hoose Canon Barnet ee Aldgate, ayaa macallin Rebekah Greenslade lagu dhabooqay doorshe 13 Marij, taasoo qayb ka ahayd lacag ururintii maalintaa ee Red Nose. Lacagtii la ururiyey maalintaa waxay dhan tahay £716.**

## Isu baraarujiinta kancerka brostareetka

Prostrate cancer awareness month – issue 1051

BISHAN waxaa la isku baraarujinta kancerka borotereetka. Gp-yaduna waxay raga ku adkaynaayan in ay ogaadaan astaamaha lagu garto xanuunka, haddii ka walaacaana in ay toos u tagaan dhakhtarkooda. Kancerkani waa midka ugu

badan ee raga ku dhaca, sideediiba mid ayaa laga arkaa noloshiisa mar uun. Marka hore loo ogaado xannuunkan ayay wax ka qabashadiisuna fududahay. Intii u dhaxaysay 2010 ilaa 2012, 171 ku dhawaad nin ayaa laga helay kansarkaa.

Had iyo jeer xannuunkani wuxuu la kobcaa cimriga, markaas wuxuu ku soo baxaa 50 jirka iyo wixii ka weyn.

Haddaba raga waa in ay ka faa'iideystaan bishan la isku wacyi gelinayo halista kansarkan brostareetka.

## মেইনস্ট্রিম গ্রান্টস প্রোগ্রামের মেয়াদ আরও পাঁচ মাস বাড়ানো হয়েছে

**Council extends grants programme – issue 1051**

টাওয়ার হ্যামলেটস কাউন্সিল গত ১১ মার্চ বুধবার অনুষ্ঠিত একটি পাবলিক মিটিংয়ে কাউন্সিলের মেইনস্ট্রিম গ্রান্টস (এমএসজি) প্রোগ্রামের মেয়াদ আরও পাঁচ মাস পর্যন্ত বাড়ানোর সিদ্ধান্ত নিয়েছে। টাওয়ার হ্যামলেটস কাউন্সিলে গ্রান্ট বরাদ্দ নির্ধারণের জন্যে সরকার নিযুক্ত দুজন কমিশনার মেয়াদ বাড়ানোর এই সিদ্ধান্তে সম্মতি দিয়েছেন। চলতি মার্চ মাসে বর্তমান গ্রান্ট প্রোগ্রাম শেষ হওয়ার কথা ছিলো।

সিদ্ধান্ত হয়েছে যে, চলমান প্রোগ্রামের জন্যে আরও পাঁচ মাস ফান্ড বরাদ্দ করা হবে। ট্যাগে-ট পূরণ করেছে, বা ছাড়িয়ে গেছে অথবা তা পূরণের পথে রয়েছে- এমন সব প্রজেক্টের জন্যে মেয়াদ বাড়ানোর এই সিদ্ধান্ত প্রযোজ্য হবে।

ছোটখাটো ইস্যুভিত্তিক প্রজেক্ট যাদের আউটপুট মান সীমিত এবং টার্গেট পূরণ হয়নি, তারা প্রাথমিকভাবে তিন মাসের জন্যে ফান্ড পাবে। তাদের কার্যক্রম কাংখিত মানে উন্নীত হলে আরও দুমাস তারা ফান্ড পেতে পারে।

লীড কমিশনার স্যার কেন নাইট এ ব্যাপারে বলেছেন: বহু বছর ধরে টাওয়ার হ্যামলেটসে থার্ড সেক্টর সংগঠনগুলোর জন্যে ফান্ডিংয়ের একটি প্রধান সোর্স এমএসজি। এমএসজির ইতিবাচক প্রভাব রয়েছে এই বারায়, আরও পাঁচ মাস এর মেয়াদ বাড়ানোর সিদ্ধান্ত বারার বাসিন্দাদের জন্যে এই প্রোগ্রাম থেকে অব্যাহতভাবে সুফল পাওয়ার বিষয়টি নিশ্চিত করবে। আগামী তিন বছরের ফান্ডিং ক্রাইটেরিয়াও নির্ধারণ করা হয়েছে।

২০১৫ সালের ৩১ মার্চ এমএসজির মেয়াদ শেষ হবে বলে নির্ধারিত থাকলেও আগামী এপ্রিল থেকে নতুন এমএসজি প্রোগ্রাম চালুর সিদ্ধান্ত কাউন্সিল নিতে পারেনি, এর নানা কারণের অন্যতম হচ্ছে, কাউন্সিলের কার্যক্রমের বিষয়ে প্রাইসওয়াটারহাউসকুপারের রিভিউ ও সেক্রেটারি অব স্টেটের হস্তক্ষেপের প্রস্তাব।

চলতি প্রোগ্রামের আওতায় ফান্ড বরাদ্দ দেয়া হয়েছিলো ৩২৭টি প্রজেক্টে। এসব প্রজেক্টে নানামুখি কমিউনিটি কার্যক্রম পরিচালনা করেছে ও সার্ভিস ডেলিভারি দিয়েছে, যার মধ্যে রয়েছে, ওয়েলফেয়ার পদ্ধতিতে পরিবর্তন আনার কারণে ঝুঁকিতে পড়া স্থানীয় বাসিন্দাদের সহায়তা দেয়া ও তরুণদের দক্ষতা বাড়ানো।

## টাওয়ার হ্যামলেটসে স্বাস্থ্যসেবার উন্নয়নে জেনেটিকস গবেষণা

Genetics study for health – page 6

বিশ্বের সর্ববৃহৎ কমিউনিটি ভিত্তিক জেনেটিক স্টাডিগুলোর একটি শুরু হয়েছে টাওয়ার হ্যামলেটসে। এতে অংশ নিয়ে স্বাস্থ্যসেবা খাতের উন্নয়নে গুরুত্বপূর্ণ অবদান রাখার সুযোগ পাচ্ছেন ইস্ট লন্ডনের এক লাখ মানুষ।

কুইন মেরী ইউনিভারসিটি অব লন্ডনের নেতৃত্বে এই ইস্ট লন্ডন জীনস এন্ড হেলথ স্টাডির আওতায় দক্ষিণ এশিয়ান বংশোদ্ভূত মানুষের জেনেটিক কোড ও মেডিক্যাল রেকর্ড নিয়ে গবেষণা করা হবে।

এর ফলাফল স্বাস্থ্যসেবার আরও উন্নয়ন এবং দীর্ঘ মেয়াদে বেশ কিছু রোগের সংক্রমণ প্রতি-

রোধ ও সেসবের চিকিৎসার কাজে লাগানো হবে। উল্লেখ্য, হার্ট ডিজিজ ও ডায়াবেটিসের মতো এই রোগগুলোর প্রকোপ স্থানীয় কমিউনিটিসমূহের মধ্যে নির্দিষ্টভাবে লক্ষ্য করা যায়।

যুক্তরাজ্যের মধ্যে কয়েকটি ক্ষেত্রে হীনস্বাস্থ্যের সর্বোচ্চ হার রয়েছে পাকিস্তানী ও বাংলাদেশী কমিউনিটির মধ্যে আর লন্ডনের সকল বারার মধ্যে প্রত্যাশিত আয়ুসীমার সর্বনিম্ন হার টাওয়ার হ্যামলেটস ও নিউহ্যামে।

কুইন মেরী এই গবেষণার জন্যে টাওয়ার হ্যামলেটস ও অন্যান্য বারা থেকে ১৬ বছর ও তার বেশি বয়সী বাসিন্দাদের রিক্রুট করার জন্যে

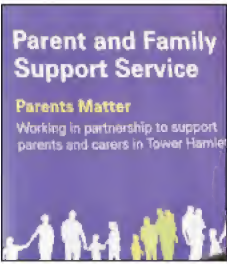
বার্টস হেলথ এনএইচএস ট্রাস্ট ও চ্যারিটি সংগঠন সোশ্যাল একশন ফর হেলথের সাথে একযোগে কাজ করছে।

রোগাক্রান্ত বা নীরোগদেহী এডাল্ট বাংলাদেশী, ব্রিটিশ-বাংলাদেশী, পাকিস্তানী বা ব্রিটিশ-পাকিস্তানী বংশোদ্ভূতরা এই স্টাডিতে অংশ নিতে পারবেন। ডলান্টিয়ারদের দেয়া স্যালাভা স্যাম্পল পরীক্ষার মাধ্যমে জেনেটিক তথ্য সংগ্রহ করা হবে এবং তাদের হেলথ রেকর্ডে তা রাখা হবে।

স্টাডিতে অংশ গ্রহণ গোপনীয় থাকবে এবং কোন তথ্য কারও কাছে দেয়া হবে না।

গবেষণায় অংশ গ্রহণ সম্পর্কে বিস্তারিত জানতে বা আরও তথ্যের জন্যে ভিজিট করুন: [www.genesandhealth.org](http://www.genesandhealth.org)





## কাউন্সিলের বার্ষিক পেরেন্টস কনফারেন্সে বিপুল অংশগ্রহণ

ছেলেমেয়েদের জানতে শেখা ও প্রাতিষ্ঠানিক শিক্ষালাভে অভিভাবকা কিভাবে তাদের সাহায্য করতে পারেন, সে বিষয়ে তাদের পরামর্শ ও গাইড দেয়ার লক্ষ্যে ১১ মার্চ অনুষ্ঠিত হলো টাওয়ার হ্যামলেটস কাউন্সিলের বার্ষিক পেরেন্টস কনফারেন্স। ১৬০ জনেরও বেশি পেরেন্টস ও কেয়ারার এতে অংশ নেন। বিস্তারিত সংবাদ পড়ুন নিচে:

PARENTS CONFERENCE

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Harmony

# ফ্যামিলিজ ম্যাটার: কাউন্সিলের বার্ষিক পেরেন্টস সম্মেলন সম্পন্ন

‘Families matter’  
at Parents  
conference  
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১১ মার্চ ক্যানারি ওয়ার্ফে অনুষ্ঠিত কাউন্সিলের বার্ষিক পেরেন্টস কনফারেন্সে অংশ নিয়েছেন ১৬০ জনেরও বেশি পেরেন্ট ও কেয়ারার। এতে আরও অংশ গ্রহণ করেন গ্র্যান্ডপেরেন্ট, ফস্টার কেয়ারার এবং টিনএজ পেরেন্টরাও।

ছেলেমেয়েদের শিক্ষালাভ ও শিক্ষাক্ষেত্রে অর্জন আরও বাড়াতে পেরেন্ট ও কেয়ারারদের গুরুত্বপূর্ণ ভূমিকা কনফারেন্সে প্রশংসিত হয় এবং এ দুটি বিষয়ে আরও অগ্রগতির পন্থা-পদ্ধতি নিয়ে আলোচনাও হয়েছে সেখানে।

এই কনফারেন্সের মূল বিষয় ছিলো ফ্যামিলিজ ম্যাটারস - আরও অর্জন এবং আকাংখা পূরণ। ছেলেমেয়েদের জানতে শেখা ও প্রাতিষ্ঠানিক শিক্ষালাভে অভিভাবকা কিভাবে সাহায্য করতে পারেন, সে বিষয়ে তাদের পরামর্শ ও গাইড দেয়ার লক্ষ্যে বক্তৃতা ও ওয়ার্কশপের আয়োজন ছিলো কনফারেন্সে। উল্লেখিত দুটি বিষয়ে জানার লক্ষ্যে পেরেন্টরা সর্বশেষ লার্নিং টেকনিক সম্পর্কে জানতে নির্দিষ্ট বিভিন্ন কোর্সে অংশ নিতে পারেন এবং ঘরে ছেলেমেয়েদের জন্যে স্কুলের কাজ করা ও সেগুলো রিভাইজ করার জন্যে প্রয়োজনীয় স্থান ও সরঞ্জামের ব্যবস্থা করে দিতে পারেন।

কনফারেন্সে অতিথি বক্তা ছিলেন, এডুকেশন এন্ড চিলড্রেন সার্ভিসেস বিষয়ক কেবিনেট মেম্বার কাউন্সিলার গোলাম রব্বানী এবং কাউন্সিলের ডাইরেক্টর অব এডুকেশন, সোশ্যাল কেয়ার এন্ড ওয়েলবিয়িং রবার্ট ম্যাকুলচ-গ্রাহাম।



Guests at the conference

কাউন্সিলার রব্বানী বলেন: নানা ধরনের চ্যালেঞ্জ থাকা সত্ত্বেও টাওয়ার হ্যামলেটসের পেরেন্ট ও কেয়ারাররা প্রমাণ করেছেন যে, ছেলেমেয়েদের শিক্ষালাভে সহায়তা দিতে ও তরুণ প্রজন্মের আরও সুযোগ লাভ নিশ্চিত করতে তারা এখন আরও বেশি অঙ্গীকারবদ্ধ।

কনফারেন্সে কী-নোট স্পিকার ছিলেন ল্যাংডন পার্ক স্কুলের এসিসট্যান্ট হেড টিচার ক্রেনার ফ্রস্ট। উল্লেখ্য, ঘরে সন্তানদের শিক্ষালাভে সাহায্য করতে পেরেন্টদের সহায়তা দেয়ার উদ্দেশ্যে এই স্কুলে নির্দিষ্ট সেশন অনুষ্ঠিত হয়েছে। এছাড়া, ফারদার এডুকেশন ও ট্রেনিংয়ের সব ধরনের বিকল্পও সেখানে খতিয়ে দেখা হয়েছে।

ছেলেমেয়েদের অর্জনের মাত্রা বাড়াতে

সহায়ক স্বাস্থ্যসম্মত জীবনযাপন (হেলদি লিভিং) সম্পর্কিত আইডিয়া নিয়ে আলোচনার সুযোগ কনফারেন্সে ওয়ার্কশপগুলো পেরেন্টদের জন্যে করে দিয়েছিলো।

ইউনিভারসিটি প্লেস ও এপ্রেন্টিসশিপ পেতে চেষ্টা করার ব্যাপারে নবীন শিক্ষার্থী ও তাদের পরিবারগুলোর ভাবনা-চিন্তা আরও ব্যাপক করার বিষয়েও এগুলো সহায়ক হয়েছে।

টাওয়ার হ্যামলেটস পেরেন্ট কেয়ারার কাউন্সিল নিজস্ব অভিজ্ঞতা নিয়ে কনফারেন্সে বক্তব্য রেখেছে এবং এই বারায় পরিবারগুলো-র আরও উন্নয়নে অবদান রাখতে এগিয়ে আসার জন্যে অন্যান্য পেরেন্টদের প্রতি আহ্বান জানিয়েছে।

## ঐকতান

Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG.

### News in brief



### বেঙ্গলী ইস্ট এন্ড এক্সিবিশন

টাওয়ার হ্যামলেটস কমিউনিটি হাউজিং (টিএইচসিএইচ) চলতি সপ্তাহে তাদের হেড অফিসে আয়োজন করছে ৫ দিনব্যাপি বেঙ্গলী ইস্ট এন্ড এক্সিবিশন। সোমবার ২৩ মার্চ থেকে শুক্রবার ২৭ মার্চ পর্যন্ত প্রতিদিন সকাল ৯.৩০ থেকে বিকাল ৪.৩০ পর্যন্ত দর্শকরা বিনামূল্যে এই এক্সিবিশন দেখার সুযোগ পাবেন।

মাইল এন্ডে লোকাল হিস্ট্রি লাইব্রেরী এন্ড আর্কাইভসের সহযোগিতায় আয়োজিত এই প্রদর্শনীতে তুলে ধরা হবে ইস্ট লন্ডনে বাঙালি জনগোষ্ঠীর বসতি গড়ার ইতিহাস। উল্লেখ্য, স্থানীয় পেরিশ রেজিস্টারে বর্ণিত রয়েছে, ১৭শ শতাব্দীতে ইস্ট ইন্ডিয়া কোম্পানি যখন দক্ষিণ এশিয়ায় ব্যবসা শুরু করে তখন থেকেই বেশ

সংখ্যক বাঙালি বসতি স্থাপন করতে শুরু করেন ইস্ট লন্ডনে। ১৯৭০-এর দশক থেকে ইস্ট এন্ডের বাঙালি পরিবারগুলো কিভাবে বর্ণবৈষম্য, কুসংস্কার ও অবিচারের শিকার হয়েছেন, প্রদর্শনীতে সে সব বিষয়ও তুলে ধরা হবে।

টিএইচসিএইচ-এর এডি কোলবর্ন বলেছেন: গত কয়েক বছর ধরে আমরা বেশ কিছু প্রদর্শনীর আয়োজন করেছি। এগুলোর মধ্যে রয়েছে, প্রথম বিশ্বযুদ্ধে লড়াই করা ইস্ট এন্ডারদের নিয়ে স্টাডি, ককনী বিনো এবং ব্ল্যাক হিস্ট্রি মাস্ক। এবারের প্রদর্শনীর জন্যে মূল্যবান সহযোগিতা দেয়ায় আমরা টাওয়ার হ্যামলেটস লোকাল হিস্ট্রি লাইব্রেরীর কাছে খুবই কৃতজ্ঞ।

প্রদর্শনীর স্থান: টিএইচসিএইচ হেড অফিস, ২৮৫ কমার্শিয়াল রোড, ই১।

### এশিয়া হাউস ফিল্ম উৎসব

মঙ্গোলিয়া, কেম্বোডিয়া, মায়ানমার, ভিয়েতনাম, জাপান ও উজবেকিস্তানের ফিল্ম প্রদর্শনী।

শুক্রবার ২৭ মার্চ - মঙ্গলবার ৩১ মার্চ। ভিন্ন ভিন্ন সময়সূচী। স্থান: রিচ মিক্স, ৩৫-৪৭ বেথনাল গ্রীন রোড, ই১।

■ The above stories are:  
exhibition at Tower Hamlets  
Community Housing – page  
25; film festival at Rich Mix.

## ডাইরেক্ট ডেবিটে কাউন্সিল ট্যাক্স: ২৫ হাজার পাউন্ডের পুরস্কার £25,000 prize in council tax promotion – issue 1050

কাউন্সিল ট্যাক্স পরিশোধকারীদের পুরস্কৃত করার লক্ষ্যে টাওয়ার হ্যামলেটস কাউন্সিল একটি দারুণ উদ্যোগ নিয়েছে। এর ফলে বারার বাসিন্দারা পাবেন ২৫ হাজার পাউন্ড পুরস্কার জিতে নেয়ার একটি সুবর্ণ সুযোগ।

এই ফ্রি প্রাইজ ড্র-তে নিজেদের নাম অন্তর্ভুক্ত করতে হলে ডাইরেক্ট ডেবিটের মাধ্যমে কাউন্সিল ট্যাক্স পরিশোধের জন্যে চলতি বছরের ১৭ জুলাই বিকাল ৫টার মধ্যে নিজেদের নাম রেজিস্ট্রি করতে হবে। তিন পদ্ধতিতে নাম রেজিস্ট্রি করা যাবে। এক. ডাইরেক্ট ডেবিট ইন্সট্রাকশন ফরম পূরণ করে ডাকযোগে কাউন্সিল দফতরে পাঠাতে হবে। দুই. অনলাইনে ডাইরেক্ট ডেবিট সাইন-আপের জন্যে ভিজিট করতে হবে [www.towerhamlets.gov.uk/counciltax](http://www.towerhamlets.gov.uk/counciltax)। তিন. ০২০ ৭৩৬৪ ৫০০২ - এখানে কল করে সাইন-আপ করা যাবে ফোনের মাধ্যমে। যারা এরই মধ্যে ডাইরেক্ট ডেবিটের

মাধ্যমে কাউন্সিল ট্যাক্স পরিশোধ করে আসছেন, তারা আপনা-আপনিই এই প্রাইজ ড্র-এর অন্তর্ভুক্ত হবেন।

বারার বাসিন্দাদের জীবন বদলে দেয়ার মতো এই পুরস্কার জেতার সুযোগ দিতে বাকস পেমেট স্কিমস লিমিটেডের (বাকস) সাথে এই উদ্যোগ কাউন্সিল নিয়েছে যুক্তভাবে। টাওয়ার হ্যামলেটসসহ লন্ডনের মোট ১৬টি বারা যুক্ত রয়েছে এই উদ্যোগের সাথে।

মেয়র লুৎফুর রহমান উদ্যোগটি সম্পর্কে বলেন: দারুণ এই উদ্যোগ কাউন্সিল এবং এই বারার বাসিন্দা-উভয়ের জন্যেই সহায়ক হবে। ২৫ হাজার পাউন্ড একজনের জীবনে বিরাট পরিবর্তন আনতে বড় রকমের একটি অঙ্ক।

রিসোর্স বিষয়ক কেবিনেট সদস্য কাউন্সিলর আলিবর চৌধুরী বলেন: বিল পরিশোধের জন্যে ডাইরেক্ট ডেবিট ব্যবহার করে বারার বাসিন্দারা অনেক রকমের সুযোগ পেতে পারেন, এখন

যারা ডাইরেক্ট ডেবিটে কাউন্সিল ট্যাক্স দিতে শুরু করবেন আর যারা আগে থেকেই এভাবে দিয়ে আসছেন - সবার জন্যেই এই ফ্রি প্রাইজ ড্র বড় রকমের জন্যে একটি পুরস্কার।

বাকসের লোকাল অথরিটি সেক্টর বিশেষজ্ঞ ডোনেথ পেরী বলেছেন: ২০১০ সালে শুরু উদ্যোগটি এ পর্যন্ত এর সাথে যুক্ত বারাগুলোর ২ মিলিয়নেরও বেশি ব্যয় কমানোর ব্যাপারে সহায়ক হয়েছে। ডাইরেক্ট ডেবিটে পেমেট দেয়া হলে লোকজনের সময় বাঁচে, বামেলা হয় না, নিজেদের বাজেট তৈরী করতে সহায়ক হয়, আর এছাড়া, পেমেট মিস হওয়ার কোন সম্ভাবনা নেই-এ কারণে মানসিক প্রশান্তিও পাওয়া যায়।

ফ্রি প্রাইজ ড্র এবং ডাইরেক্ট ডেবিট সাইন আপ করার ব্যাপারে আরও জানতে হলে যোগাযোগ করুন: [www.directdebit.co.uk/londoncounciltax](http://www.directdebit.co.uk/londoncounciltax) বা আপনার স্থানীয় কাউন্সিলে ফোন করুন: ০২০ ৭৩৬৪ ৫০০২।

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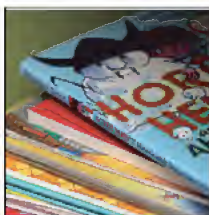
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Words by **Ian Read**  
Photos by **Rehan Jamil**



**TRACY Argent** has been head teacher at **Woolmore Primary School** in **Poplar** for **18 years** but never has she been so proud.

She is standing in the reception area at the new school, where she is looking up at the colour-changing orbs which stretch to the very top of the four-storey building and which give the school a calm illumination for 24 hours a day.

"It's got a very happy feel to it," Miss Argent said. "We were a happy school before, but it's like a big treat that we can grow and explore in this building."

"It can only have a positive effect on children's learning and achievement."

"It's motivating and it's inspiring to work in a new, purpose-built building with a wide range of opportunities."

The children moved in to their new surroundings, built directly next to the Victorian buildings of their former school, at the end of February and are still enjoying discovering the new facilities. These include:

- a roof terrace
- plans for a permanent museum and archive display
- a dedicated library for the first time – rather than just each classroom having a collection of books
- improved playground which eventually will have a sports pitch and running track
- an area with dedicated rooms for counselling, sensory needs and additional learning
- an art room
- a nursery based on-site again – it had been delivered off-site since September when the school took on more primary school pupils
- an updated school logo
- new polo shirts as part of the uniform to reflect the new school.



(Above) Children playing on the roof terrace

(Above right) Enjoying one of the new play areas

(Right) The dining hall, featuring the new school logo



(Below left) The nursery is back on site again

(Below right) Pupils have nothing but praise for their new school

Pupils had nothing but praise for their new school.

Maria Haque, aged 8, said: "I think it's really great because it looks really colourful and we have more space to move around."

"In the old school we didn't have that much space."

Assel Foa, 7, said: "The roof terrace is great; we love to see the view and it's a lovely view. My friends say how much they

# 'It has a very

like the art room because in the old school we just had an art cupboard. We've got more space to do creative stuff."

The £10 million project started in July 2013 and is on schedule to be completed by July 2015.

Now the children are in the new building, workers have moved onto the old site which will be demolished and landscaped to create a series of outdoor spaces including nature areas, a multi-use games area and a running track.

Even as we are talking, workmen arrive in the reception area to put together the seats for when visitors are waiting. They are no ordinary seats; they are giant wooden pegs and pencil sharpeners. Everything about the school is a statement: that the environment is designed to give young people the opportunity to further improve their learning.

The new building has allowed the school to increase its capacity dramatically – from 240 to an eventual maximum of 700 children. The near three-fold increase signals that this is a significant point in the school's 200-year history.

Miss Argent says the strong community around the school – children, staff, parents and neighbouring residents – are excited by the new building and will ensure the new, enlarged Woolmore will be a thriving school.

She said: "I'm so thrilled and proud to work with these amazing people and these great kids. The opportunities that we have are amazing. It's like starting a new school. Everything has to be restructured because what worked in the old building wouldn't work in the new one. Our values and principles are the same but the way we organise it has to be different."

The school is already getting recognition. Its bold pink roof terrace and green

school sign make it unmissable in Poplar, especially for traffic emerging from the Blackwall Tunnel.

"People never knew we were here but they will now," Miss Argent said.

Mayor Lutfur Rahman said: "Woolmore is the latest in a long line of school re-building projects we have undertaken in the past few years. "It's not an accident that Tower Hamlets is regarded as having some of the best urban







**“It’s like a big treat – we can grow and explore in this building”**

Head teacher Tracy Argent

# happy feel’

schools in the world. We want every child to fulfil their potential – and we know that making significant investment in our young people and providing wonderful facilities, along with fantastic teaching and strong support from parents, helps make this happen.”

It is projected that there will be about 8,000 more primary school age pupils in the borough over the next ten years. In the past four years the equivalent of 1,575 extra primary school places have been provided and the council will continue to provide more places to meet the rising need.

Cllr Gulam Robbani, cabinet member for education and children’s services, said: “We have already re-built or refurbished all of our secondary schools and are now carrying out a co-ordinated improvement programme of our primary schools. “This programme means we will be prepared for the increasing population but also that we are providing state-of-the-art school environments and facilities to help our children further improve learning.”

Other recent primary school improvements include expansions at Bonner, Cayley and Stebon schools. There are also proposals to rebuild Olga Primary School for expansion in September 2016.

The Woolmore Primary School works have been funded from the government’s Basic Need grant and a contribution from the section 106 planning funding arising from the Blackwall Reach redevelopment.

It was built by Bouygues UK, which was also instrumental in the borough’s Building Schools for the Future programme, delivering 17 out of the 18 schools earmarked as part of the £320 million overhaul of secondary education facilities within the borough.



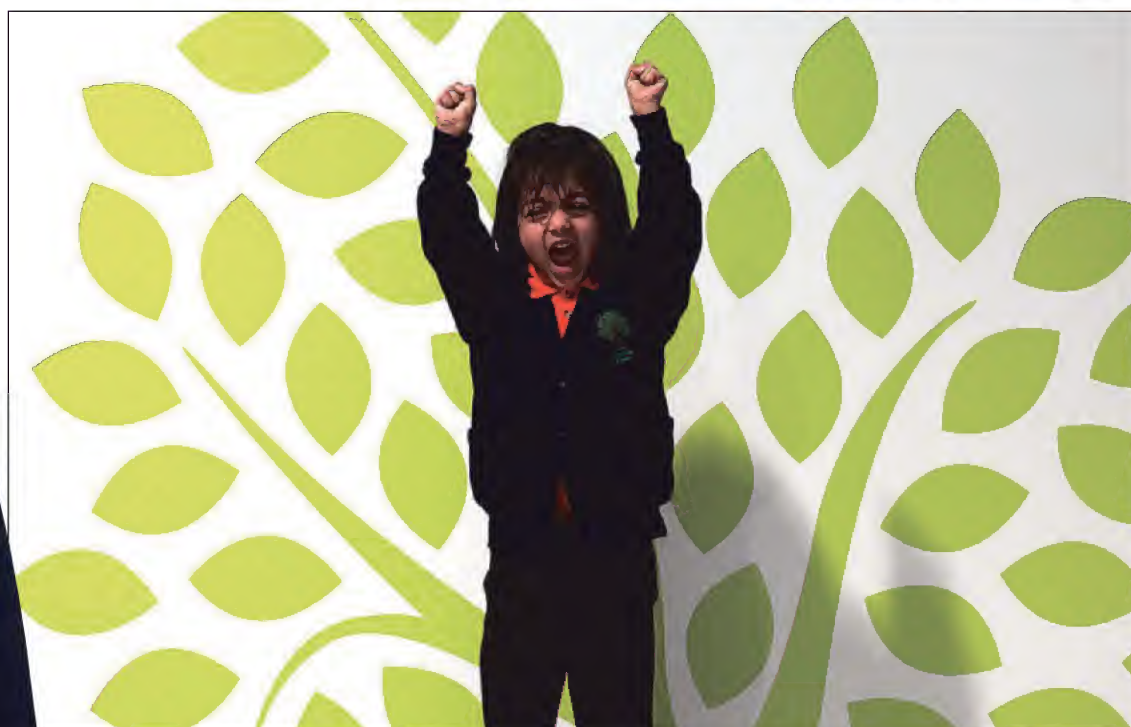
(Above) Colour-changing orbs which stretch to the top of the building



(Above right) Using interactive white boards in class



(Right) Lunch in the new dining hall  
(Left) Assel Foa, 7, and Maria Haque, 8



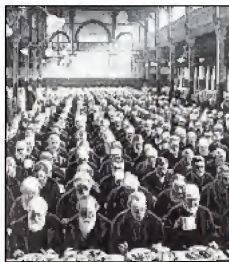




## Late, late show

The Whitechapel Gallery has late openings on March 27 & 28.

[WWW.WHITECHAPELGALLERY.ORG](http://WWW.WHITECHAPELGALLERY.ORG)



## Sharing with strangers

Homes of the Homeless tells the story of the tens of thousands of Victorians who made their homes in lodgings, renting a room or a bed in a building shared with strangers.

[WWW.GEFFRYE-MUSEUM.ORG.UK](http://WWW.GEFFRYE-MUSEUM.ORG.UK)

## Out & about guide

### What's on where this week

#### Kids

##### Ballet for children

Every Thurs. Ages 2 fh-3 1/2 years, 2-2.30pm; 4-6 years, 4.45-5.15pm.  
Alpha Grove Community Centre, Isle of Dogs, E14.  
[nina.monteiro@hotmail.com](mailto:nina.monteiro@hotmail.com)

##### Deaf after school club

For ages 5-12. Mon-Fri, 4-6pm.  
Tower Project, 45-55 White Horse Road, E1.  
[naima@towerproject.org.uk](mailto:naima@towerproject.org.uk)  
7790 9085

##### Kids' Creative Dance Classes

Mini-movers, 2-3yrs; leaps and strides I, 4-5yrs; leaps and strides II, 5-6yrs; dash, 7-11yrs.  
Sat mornings. £44-49.50 per term or £4.50/£5 per term, plus concessions.  
Chisenhale Dance Space, 64-84 Chisenhale Road, E3  
8981 6617  
[chisenhaledancespace.co.uk](http://chisenhaledancespace.co.uk)

##### Pollyanna Training Theatre

Drama and musical theatre for ages 4-16 in Wapping, E1.  
7481 1911

##### Rhyme time

Thurs, 2-3 pm.  
Watney Market Library,  
30-32 Watney Market, E1.  
7790 4039

##### Young & talented?

Performing arts group for 6-to 16-year olds. Sats, 10.30am-1.30pm, term-time. Oxford House, Derbyshire Street, E2.  
8556 5348

#### Parent & child

##### Dance play

Dance and movement, songs and rhymes for parents/carers and their children aged 1-5 years. Weds, 10.30-11.30am, term-time only. Cost £2 per child (in adv) or £3.50 drop-in rate, discounts available.  
Language of Dance Trust, Oxford House, Derbyshire Street, E2.  
7749 1131  
[info@lodc.org](mailto:info@lodc.org)

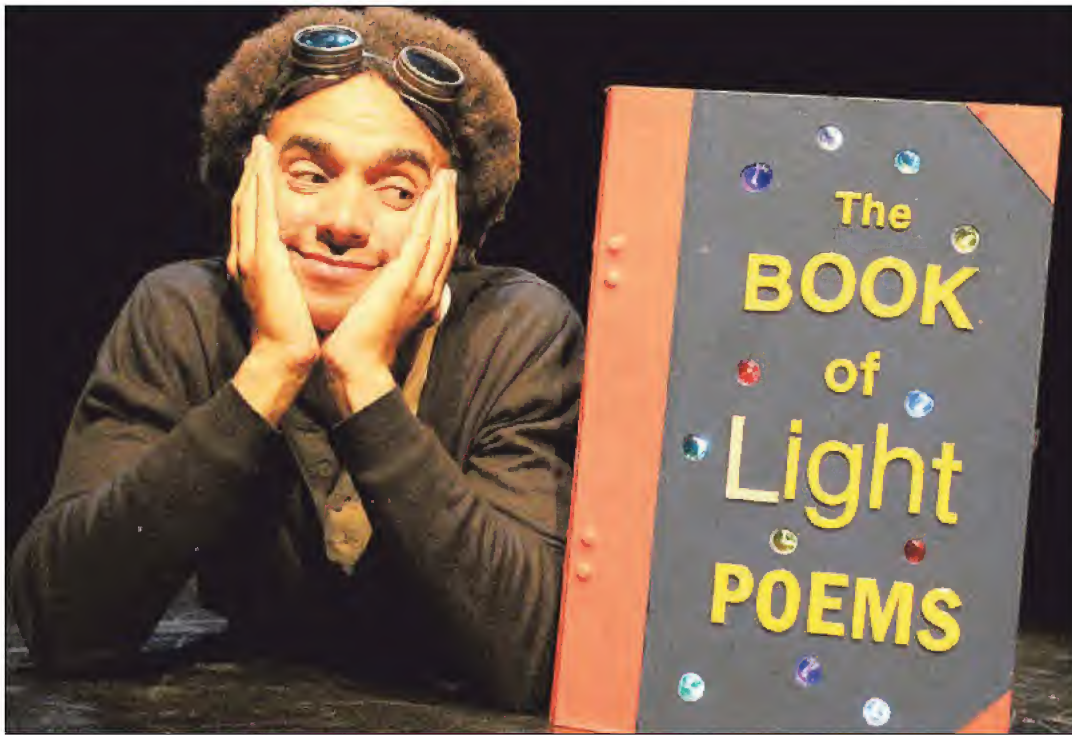
##### Toyhouse library

Mons, 1.30-3.30pm, Halley Primary School, Halley Street, E14. Tues, 2-3.30pm, Cayley School, Aston Street, E14. Weds, 9.20-10.45am, Harry Roberts Nursery, Harford Street, E1. 1-2pm, TH Opportunity Playgroup, 583 Commercial Road, E1. 9-11am, Old Church Nursery, Walter Terrace, E1. 9-11am, Alice Model Nursery School, 14 Beaumont Grove, E1.

##### Yoga for pregnancy and mums and babies

Pregnancy class suitable from 14 weeks. Mums and babies classes suitable from six weeks until baby is crawling.  
07958 645978  
[www.clareday-yoga.co.uk](http://www.clareday-yoga.co.uk)

**Do you have dates for our diary? Send your stories to [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk)**



**The Poetry Joe Show.** Poet extraordinaire Joe and his magical light-up world of fabulous foods, beastly bugs and peculiar pets goes on a poetic adventure to make new friends, including a naughty but nice hamster, a cheating cheetah and a friendly family made out of paper and light. For ages 3+. £6.  
Sat, Mar 28. 2.30pm.  
Half Moon Theatre, 43 White Horse Road, E1. 7709 8900.  
[www.halfmoon.org.uk](http://www.halfmoon.org.uk)

#### Film

##### Asia House Film Festival

Includes films from Mongolia, Cambodia, Myanmar, Vietnam, Japan and Uzbekistan. Fri-Tues, Mar 27-31. Times vary.  
Rich Mix, 35-47 Bethnal Green Road, E1.  
7613 7498

#### Events

##### Warm up the Lodge

Fund raiser for The Lodge re-development. Features barbecue, bar, short films, and music from swing band Gertie and her Gaiety plus DJ Ross Kemp. Tickets £5.  
Fri, Mar 27. 7.30-11pm.  
The Lodge, Tower Hamlets Cemetery Park, Southern Grove, E3.  
<http://tinyurl.com/q7g6px6>

##### Youth art programme

Free two-day workshop for ages 15-21 with artists in residence Ghulam Mohammad

and Shimul Saha.

Mon & Tues, Mar 30 & 31. 10am-4pm.  
Whitechapel Gallery, 77-82 Whitechapel High Street, E1.  
7522 7888  
[www.whitechapelgallery.org](http://www.whitechapelgallery.org)

#### Exhibitions

##### Land and Lives

Explores the history of the Bromley-by-Bow area from medieval times to the 20th century using the archives' collection. Free.  
Tower Hamlets Local History Library & Archives, 277 Bancroft Road, E1.  
7364 1290

##### Homes of the Homeless:

##### Seeking Shelter in Victorian London

Paintings, photographs and objects tell the story of the places inhabited by poor people in London. With events and talks.

Admission £5, £3 concs.

Tues, Mar 24- Jul 12.  
Geffrye Museum, 136 Kingsland Road, E2.  
7739 9893  
[www.geffrye-museum.org.uk](http://www.geffrye-museum.org.uk)

#### Music

##### The Montecristos Rock 'n' Roll Circus

Music plus jugglers, magicians and a contortionist. £12.50 in adv, £15 on door.  
Thurs, Mar 26. 7.30pm.  
Wilton's Music Hall, Graces Alley, E1.  
7702 2789  
[www.wiltons.org.uk](http://www.wiltons.org.uk)

##### Concert

Tower Hamlets Church Choir and Notre Dame Girls Choir raise money for trips to Europe. Adults £5, children 50p.  
Fri, Mar 27. 6-7.30pm.  
ELT Baptist Church, Burdett Road, E3.  
07469 932306

## East End Life

# Wedding Supplement ~ 27th April 2015



On 27th April 2015, we will be producing a 4 page centre pull-out wedding supplement for our readers. It will be a showcase of local suppliers for all your wedding needs, from florists and dresses to caterers and venue hire.

**Booking deadline is Tuesday 14th April at 4pm.**

**Space will be limited, please call one of our sales team to book your space as soon as possible.**

Christine 020 7364 4994 Fatima 020 7364 4623 Terri 020 7364 4682

#### The rates and sizes are:-

**Front page strip** 60mm x 265mm: **£370** +VAT  
**Back page, full page:** **£1700** +VAT  
**100mm x 85mm:** **£110** +VAT  
**60mm x 85mm:** **£65** +VAT

**Do not miss the opportunity to appear in this bespoke supplement!**





## Ooh, aah, Cantona!

The Oval Space Cinema Club first-time director festival closes with *You and The Night* from French director Yann Gonzalez and features footballer-turned-actor Eric Cantona.

[WWW.OVALSPACE.CO.UK](http://WWW.OVALSPACE.CO.UK)



## Egg-static!

There is a host of events taking place over the Easter break.

[TOWERHAMLETSARTS.ORG.UK](http://TOWERHAMLETSARTS.ORG.UK)

### Out & About

# Soundscapes, algorithms and Agony Art

**AGONY Art's monthly one-night artshows presents an evening of interactive audiovisual installations at Chisenhale Dance Space this Friday, March 27.**

The show is one of the group's first of 2015 and includes some opportunity for

audience participation, with three promising artists showcasing cutting edge technology.

Simon Katan's musical installation invites the attendees to use an app on their phones to co-compose with the artist. The number of participants will affect

how audible each part is, creating different soundscapes on every performance.

Ryo Ikeshiro's contribution also produces unique performances, utilising algorithms which recognise face and skin colour, automatically altering the sound and images shown based on characteristics.

Finally, electronic music composer Luke Fraser will present an experimental solo piece incorporating audio and video tracks, movement and text.

Chisenhale Dance Space is at 64 Chisenhale Road, Bow and the performance starts at 7pm. Tickets cost £8.

### News in brief

#### All about Charlie

MATT'S Gallery is staging an immersive exhibition on April 1 by Matt Stokes which chronicles the life of east Londoner and activist Charlie Seber.

The video installations will examine Seber's efforts to begin a faith movement called Truth, Reality, Activism (TRA) in the 1980s.

The gallery is at 42 Copperfield Road, E3. For more information visit [mattsgallery.org](http://mattsgallery.org)

#### Lascars discovered

ARTISTIC collective Purbanat will host an original play about Bangladeshi Lascars on March 29 at the Brady Centre.

Lascars worked as sailors on merchant ships for the East India Company and this work focuses on one man's journey to get to the UK.

Tickets cost £8 and the show starts at 7pm.

The Brady Centre is at 192 Hanbury Road, E1.

#### Magic and music

LONDON band The Montecristos celebrate the release of their debut album *Born to Rock 'n' Roll* at Wilton's Music Hall on March 26.

The five-piece group produced the album with support from a Kickstarter campaign and are accompanied by a juggler, magicians and a contortionist.

Wilton's is at 1 Grace's Alley, Wapping. Tickets cost £12.50 and can be booked at [wiltons.org.uk](http://wiltons.org.uk)

#### Free blues night

WEEKLY live blues sessions begin this Friday, March 27 with the launch of the Bethnal Green Blues Club.

The Carpenters Arms in Cambridge Heath Road will host the free music nights, organised to "to be at the forefront of London's burgeoning blues scene".

The line-up, on Fridays from 8pm-1am, will showcase bands, jam nights and a host of DJs spinning blues, rock and vintage R & B. Jam sessions will also take place from 10.30pm to midnight. The Carpenters Arms is at 135 Cambridge Heath Road, E1.

# Art-house debuts at the Oval

BY KEITH MAHON

**OVAL Space Cinema Club will run three films from March 23 to 25 as part of a series dedicated to some of the most promising first-time directors working today.**

Three countries are represented in this collection and each picture has been shown recently in prestigious festivals at Cannes, Venice and London.

Opening picture *The Selfish Giant* comes from Clio Barnard who is recognised as one of Britain's brightest young filmmakers.

The story is based on a classic Oscar Wilde tale about two young working-class friends who get involved with a local criminal to seek their fortune.

This will be followed by *Palo Alto*, a movie by Francis Ford Coppola's granddaughter Gia, which screens on March 24. The script is based on a collection of short stories by actor



A still from *The Selfish Giant*

James Franco who features alongside Emma Roberts in this American high-school coming of age story.

The series closes with *You and The Night* from French director

Yann Gonzalez. The plot focuses on a young couple preparing to host a big event at their home and features footballer-turned-actor Eric Cantona.

Oval Space aims to provide

locals with access to rarely seen music acts as well as showings of art-house cinema. The venue has previously screened many multiple film nights and hosted a festival of indepen-



Movies are shown in the Oval Space Pickle Factory



*Palo Alto* is based on a collection of short stories

dent documentaries in 2014.

Tickets for each film in this series cost £7 and can be booked through [ovalspace.co.uk](http://ovalspace.co.uk)

Oval Space is at 29-32 The Oval, Bethnal Green.

# Easter fun and games

**TOWER Hamlets Parks and Open Spaces teams are providing free events for the young people of the borough during the Easter break.**

From March 27 to April 10, kids can go along to egg hunts, arts and crafts sessions and outdoor sports activities.

In Victoria Park on April 8, BMX and skateboarding enthusiasts can visit the Wheel Park for an afternoon of free coaching sessions, along with street dancing and other attractions.

The Victoria Park egg hunt and painting begins on April 1 at midday

from the V & A Building on Grove Road.

At Mile End Park on April 5, youngsters can colour baskets and decorate eggs at 11am before another Easter egg hunt.

This and other fun arts and crafts sessions will be based at the Children's Playground, Locksley Street throughout the holiday.

All events start between 11am and 1pm. For more information call 7364 2253 for Mile End events and 7364 4504 for activities in the rest of the borough.

The programme of events is also available at [towerhamletsarts.org.uk](http://towerhamletsarts.org.uk)



**THE London Docklands Singers will be performing Bach's St John Passion at Christ Church, Manchester Road, on March 28. This piece, incorporating choir and orchestra, is traditionally sung around Easter and will include accompaniment by the Marcel Sinfonia. Originally performed for the first time in 1724 and initially sung in German, the work falls into two halves as it was originally intended to be performed on either side of a sermon. Tickets cost £12 and can be purchase from [londondocklandssingers.org](http://londondocklandssingers.org)**



## Funding to gather community intelligence on Health and Social Care services

Funding of between £300 and £5,000 is available for voluntary and community organisations (and individuals who are supported by a local organisation) to undertake community based research projects in key areas in relation to health and social care. The work needs to take place between April and July 2015.

For more information and an application form please contact Rushena Miah at [Rushena.Miah@thcvs.org.uk](mailto:Rushena.Miah@thcvs.org.uk) or phone on 020 8980 8427

## Healthwatch Tower Hamlets needs your help

Healthwatch Tower Hamlets is recruiting members for the following key voluntary roles:

1. Board members who have responsibility for the overall **business management and performance** of the charitable company and for representing the voice of local residents on the Health and Wellbeing Board and the Health Scrutiny Panel of the Council.
2. Advisory Group members who have responsibility for developing our **strategic direction and priorities**. They also **represent** the voice of local residents within commissioning and quality performance processes.

For more information or an application form please contact Beverley Annan [beverley.annan@healthwatchtowerhamlets.co.uk](mailto:beverley.annan@healthwatchtowerhamlets.co.uk) or phone on 020 8223 8922

## Notice of Healthwatch Annual General Meeting

Everyone is welcome to join us at our AGM taking place on:

**Date:** Wednesday 20th May 2015  
**Time:** 10am until 1:30pm  
**Venue:** Tarling East Community Centre,  
63 Martha Street, London E1 2PA

At which time new Board members will be elected.

To confirm your attendance, call 0208 223 8922 or email [info@healthwatchtowerhamlets.co.uk](mailto:info@healthwatchtowerhamlets.co.uk)

More information can also be found on the event page of our website [www.healthwatchtowerhamlets.co.uk/event](http://www.healthwatchtowerhamlets.co.uk/event)



Leave your feedback on Health and Social Care services in Tower Hamlets

**Visit [www.healthwatchtowerhamlets.co.uk](http://www.healthwatchtowerhamlets.co.uk)**

Healthwatch Tower Hamlets, Room 23, Block 1 (Trust Offices), Mile End Hospital, Bancroft Road, London E1 4DG





## Gateway to employment

Kitchen 32 is run by Flavour Gateway, a social enterprise set up by local charity City Gateway, which provides free training and employment opportunities for excluded local residents.

[WWW.FLAVOURGATEWAY.COM](http://WWW.FLAVOURGATEWAY.COM)

## Boost your business

Restaurant reviews are a popular feature of East End Life. If you would like to advertise on this page,

**CALL OUR ADS TEAM ON 7364 4061**

### Eating out, eating in

# A taste of excellence

BY AVARICIOUS ARCHIE

**I CAME across A Filo last weekend, completely by chance and, as it happened, it had opened just that morning.**

The establishment is more bistro than restaurant and the food on sale is sourced from all over Italy, with a bias towards Sicily from where the young proprietress hails.

She has a lofty ambition – a concept which translates as ‘a filo’, a term used in the kitchen to indicate a particular mode of dressing. It’s that final touch, the invisible but essential, that the chef gives each plate; baptism and guarantee at the same time.

The food on display, both pre-packaged and fresh, paid testament to a passion for food. The fare on the deli counter was predominantly sourced from small producers or freshly made, for example the 30-month aged black boar, the gluten-free lemon cake or the commissioned jars of stuffed baby artichokes, prepared and jarred by hand.

To start, my dining partner and I ordered tagliere di salumi maiale nero, a wooden board covered with a variety of cured meats headlined with the aforementioned black boar. The meat was wafer thin sliced, so tender that it almost melted in your mouth but bursting with flavour.

It came with bread that had been made with olive oil (another speciality of the store). There was no need to add anything to this excellent starter.

Our main courses were taglioni cacio e pepe for her: a thinner, slightly squarer



**Top: Cured meats at A Filo; Right: A Filo is newly opened**

tagliatelle with cheese and pepper, a delicate dish with subtle flavours but really very tasty.

And strozzapreti al ragout di coniglio, a pasta dish with a rabbit ragout, for me.

Now, I’m not a fan of rabbit but, for some reason, I went for it on this occasion and it was a complete revelation.

The meat was tender, with a subtle flavour enhanced by seasoning. Count me in as a rabbit convert. The pasta was cooked to perfection, with just a little bite to it.

For dessert, my beau ordered a home-made apple tart which was made on site and was delicious, as was the coffee.

A Filo is worth a visit for a variety of reasons – to shop for produce à la Carluccio’s; for coffee and cake à la Costa; and for a full blown, three-course Italian meal with



matching excellently selected wine.

I will certainly be returning for all the above and often. Food and drinks came to a very reasonable £44.40 for two.

**A Filo, 6 Rich Mix Square, E1. Tel: 7729 8363.**

## It’s the return of the mac...

**THIS recipe is supplied by Flavour Gateway, a social enterprise that offers training and employment opportunities to local residents.**

It has a café called Kitchen 32 at 32 Mastmaker Road on the Isle of Dogs.

A stone’s throw from Canary Wharf, the café serves fresh

Union coffee, hot breakfast and lunches, salads, sandwiches and snacks every day from 8am-2pm.

For more information go to the Facebook page – [www.facebook.com/VisitK32](http://www.facebook.com/VisitK32)

This dish is made with three cheeses and cauliflower, making it a mighty match for any macaroni cheese recipe.

### Mac + cheese – serves 2-3

#### Ingredients

500g macaroni  
100g butter  
100g plain flour  
800ml whole milk  
200g grated mild Cheddar

200g grated red Leicester  
1 tsp Dijon mustard  
Half a tsp ground pepper  
400g cauliflower  
Handful of breadcrumbs  
2 tsp of sea salt

#### Method

1. Preheat oven to 180°C. Grease a 10in x 6in baking tray.
2. Cook macaroni according to packet instruction. Once cooked, run under cold water.
3. Melt butter in a saucepan on medium heat. Once melted, add the flour and mix until a paste is formed.
4. Add the milk and mix with a wooden spoon or whisk until smooth. Make sure that there are no lumps.
5. Add both cheeses and mix

until melted. Add the mustard and pepper.

5. Cut cauliflower into bite-size pieces then mix with the cooked macaroni in a big bowl or pot.

6. Pour over the cheese sauce and mix together.

7. Transfer the macaroni mix to the baking tray. Sprinkle the top with breadcrumbs and sea salt.

8. Cook for 40 minutes.

Serve with steamed vegetables or salad.

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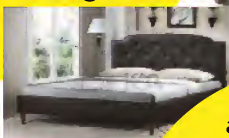
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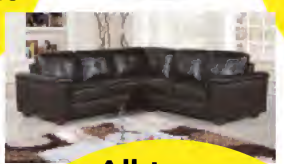
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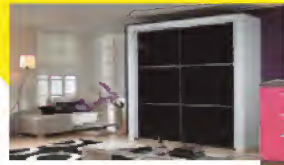


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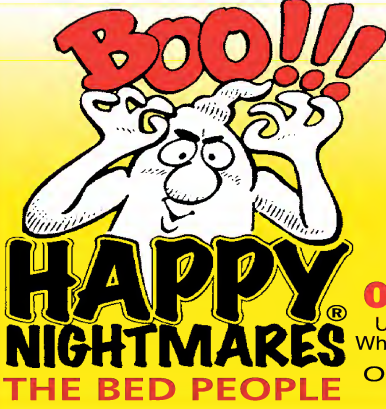


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## PUBLIC EXHIBITION

### New plans unveiled for Hertsmere House

The Greenland Group, new owners of Hertsmere House would like to invite local residents and businesses to view their proposals to bring a striking new 67 storey addition to Canary Wharf at the western end of the north dock at West India Quay.

Later this year, The Greenland Group will submit the proposals to Tower Hamlets Council. Before submission, we would like as many local people as possible to view the plans and let us have their comments.

[www.greenlandhouse.org.uk](http://www.greenlandhouse.org.uk)

You will be able to find out much more information by coming along to our exhibition – the details are below.

**Venue:** The Barbados Room in London Marriott, West India Quay Hotel, 22 Hertsmere Road, London E14 4ED.

**Times:** Friday 27 March 12 noon to 7pm and Saturday 28 March 9.30am to 1pm.



If you can't make it but would like more information, please look at our website [www.greenlandhouse.org.uk](http://www.greenlandhouse.org.uk)

Get in touch via email [greenlandhouse@yourshout.org](mailto:greenlandhouse@yourshout.org)

Call our freephone number **0800 458 6976**

**We look forward to seeing you there.**



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[www.threesisterscare.co.uk](http://www.threesisterscare.co.uk)



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## Fun and fund-raising

“We were delighted to celebrate World Book Day in a fun manner but one which was also able to raise funds to improve literacy and donate leftover books to charity”.

ELLIE PRITCHARD, TOWER HAMLETS COMMUNITY HOUSING

## Early warning system

Carbon monoxide is a deadly gas that cannot be seen, smelt or tasted. An audible alarm can detect its presence.

SEE BELOW

### Property

# Plan for new landlord licences

BY STEFAN SWIFT

**THE council is looking to introduce a licensing scheme so it can target bad landlords and support good ones.**

And it has started a three-month consultation into the proposed landlord licensing scheme for the private rented sector.

The scheme will mean private landlords are required to obtain a licence from the council.

Initially it will be restricted to seven areas in the borough – Blackwall & Cubitt Town, Bow East, Bow West, Millwall, Spitalfields & Banglatown, Weavers and Whitechapel.

The council is hoping to hear from private sector landlords, tenants and business or service providers, within or outside of these areas by filling in an online questionnaire.

It follows similar schemes being launched in a number of local authorities across London.

The council wants to use selective licensing in the seven wards to help tackle anti-social behaviour (ASB), improve poor housing standards and improve the management of rented accommodation in the borough.

Mayor Lutfur Rahman said: “This scheme is designed to help protect tenants’ rights and create better places to live.

“As well as helping tenants in the context of a housing crisis it will help those responsible landlords who want

to let decent accommodation under fair conditions.”

Cllr Rabina Khan, cabinet member for housing, added: “The licensing scheme is an important step toward enshrining tenants’ rights and ensuring fair treatment of renters is at the heart of a locally led solution to the housing crisis.”

Take part in the survey at [www.towerhamlets.gov.uk/llsconsultation](http://www.towerhamlets.gov.uk/llsconsultation)

Residents can also find out more about the proposals at drop-in sessions

at 6.30pm on the following dates:

**Tues, Apr 14** – St Margaret’s House (Bow West)

**Mon, Apr 20** – Harry Gosling School (Whitechapel)

**Thurs, Apr 30** – PDC Bethnal Green (Weavers)

**Tues, May 5** – Idea Store Bow (Bow East)

**Tues, May 12** – Idea Store Whitechapel (Spitalfields & Banglatown)

**Mon, May 18** – Rowing Club (Millwall)

**Mon, Jun 1** – Mulberry Place (Blackwall & Cubitt Town).



**YOUNGSTERS** from Bethnal Green Montessori Nursery and the Minerva Estate celebrated World Book Day, with an afternoon of paper-based theatre and arts and crafts. Organised by Tower Hamlets Community Housing (THCH) at the Minerva Community Centre, the day started with a reading by staff from neighbouring Oaklands School of Michael Rosen’s *We’re going on a Bear Hunt*.

The children enjoyed stories and plays performed by Paper People (above), part of East London youth theatre company Kazzum, which specialises in entertainment and education. And a book swap and sale was held in aid of the National Literacy Trust.

Any unsold books were donated to Read International’s Tanzanian volunteer programme.

## A feast for the eyes... and the dinner plate

### Tips from Cable Street Community Gardens

**MARCH and the beginning of the growing season, although this spring seems to be making a bit of a slow start.**

So the advice is to be cautious before planting and sowing and wait until the soil begins to warm up. Maybe spend a little more time planning what you will grow this year.

How about enjoying food and colour at the same time in the form of edible flowers? Many blooms not only look beautiful in pots or borders, attracting butterflies and bees along the way, but are also tasty and nutritious.

A novel salad can be prepared with nasturtium (available in a wide range of colours now), and common mallow flower heads.

These can be mixed with rocket and maybe a few peppery leaves of nasturtium along with

a small sprig of mint, fennel, lemon balm and thyme finely shredded, to provide a taste explosion.

Spring is traditionally the time in Ireland and many rural areas to pick the fresh young leaves of nettles – while suitably gloved.

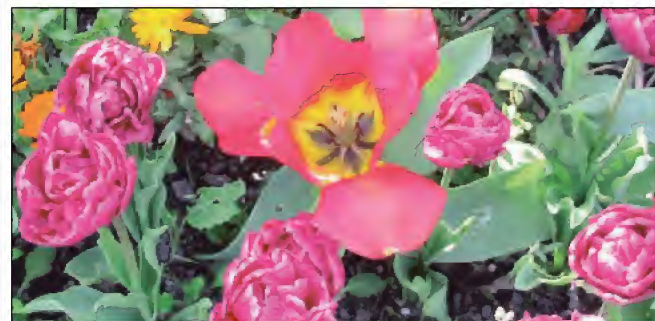
These can be washed and simmered in a small amount of water to provide a succulent vegetable, much like spinach. This is full of minerals and nutrients and is said to be a powerful ‘blood cleanser’.

Now is also the time to plant roses. These should be well mulched and manured to provide plenty of colour and fragrance throughout the summer months.

And you can always add rose petals to cakes and pastries to provide a delicate, scented flavour.

Whatever you are doing, enjoy the fresh air and, hopefully some warm sunny spring days.

**Some flowers are toxic so always check before eating.**



## New laws on gas alarms

**NEW laws will compel private landlords to install carbon monoxide (CO) alarms in their properties, a move welcomed by campaigners.**

CO is a deadly gas that cannot be seen, smelt or tasted. The only way to know it is present is by installing an audible alarm.

Lawrence Slade, spokesman for the CO – Be Alarmed campaign which has been calling for legislation for several years, said: “The majority of private renters falsely believe it is up to

their landlord to keep them safe.

“Thankfully, private landlords’ moral responsibility for tenant safety will soon become a legal responsibility. The important thing to remember is this will keep renters safe.”

Mr Slade added that too many people remained unaware of the dangers of CO.

“We want government to work with campaigners to raise awareness even further and to extend legislation to cover social landlords too,” he said.

## Bengali exhibition starts

**HOUSING association Tower Hamlets Community Housing is hosting The Bengali East End exhibition this week at its head office in Stepney.**

Local parish register records from the 17th century, when the East India Company began trading in South Asia, show that a significant number of Bengali people had settled in east London.

Visitors to the exhibition, from the Local History Library & Archives in Mile End, can also

see how, from the 1970s onwards, Bengali families in the East End faced racial discrimination, prejudice and injustice.

THCH’s Andy Coleborn said: “We have held a number of exhibitions in the last couple of years.

“We are very grateful to Tower Hamlets Local History Library for their kind loan of this marvellous display.”

The free exhibition runs from this Monday, March 23 until March 27, 9.30am-4.30pm at 285 Commercial Road, E1.



# tower hamlets homeseekers

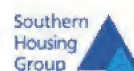
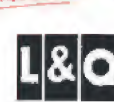
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You can bid for these homes only if you have an active application on the Tower Hamlets Housing List. Please do not visit any of them as it may cause a nuisance to neighbours.

We can only contact people we make offers to. Offers are made in priority order based on the lettings policy. A copy of the policy is available from us on 020 7364 2826 or on the website.

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ہم صرف ان لوگوں سے رابطہ کر سکتے ہیں جن کو ہم گھر کی پیشکش کرتے ہیں۔ پیشکشیں پالیسی کے مطابق کی جاتی ہیں۔ پالیسی کی کاپی ہم سے 020 7364 2826 پر رابطہ کر کے حاصل کی جاسکتی ہے۔

Waxaad dooran kartaa guryahan kaliya haddii aad leedahay codsi wali shaqayna oo ku jira liistada guryaha ee Tower Hamlets. Fadlan adigoo raali ah midna ha soo booqan guryahan, waxa laga yaabaa inay buuq ku keenaan jaararka.

Waxaan kaliya oo aan la xidhiidhnaa dadka aanu guryo ugu deeqayno. Guryo bixintu waxa lagu gaadhaa habka mudnaanta loo kala leeyahay ee ku salaysan nidaamka guryo kiraynta. Nuqul ka mid ah nidaamkan waxaad nagaga heli kartaa adigoo la soo xidhiidha telefanka 020 7364 2826 ama cinwaanka internetka

若您仍然登記在塔橋區政府現時生效的房屋名單上，您才可以競投這些房屋。請切勿到任何這些房屋造訪，因為這可能對鄰居造成滋擾。

我們只能聯絡那些我們可以提供房屋的人士。我們根據租屋政策按優先次序提供房屋。欲索取這份政策，請致電我們，號碼 020 7364 2826，或瀏覽網站。

Nếu đơn thỉnh cầu của bạn trong danh sách xin cấp nhà của Tower Hamlets mà có kết quả, bạn có thể lựa chọn những căn nhà này. Xin đừng tới tham quan bất cứ căn nhà nào vì có thể gây nên những phiền toái cho hàng xóm.

Chúng tôi chỉ có thể liên lạc với những người chúng tôi cấp nhà. Quyết định cấp nhà theo thứ tự ưu tiên dựa trên chính sách cho thuê nhà. Nếu bạn cần bản sao chính sách này, bạn có thể gọi số 020 7364 2826 hoặc vào trang web.

آپ ان گھروں کے لئے صرف اس صورت میں بولی دے سکتے ہیں اگر "گاورنمنٹس ہاؤسنگ لسٹ" میں آپ کی درخواست درج ہو رہی ہو۔ آپ کو ان گھروں کا دورہ نہ کرنا چاہیے کیونکہ یہ آپ کے پڑوسیوں کو پریشان کر سکتا ہے۔

ہم صرف ان لوگوں سے رابطہ کر سکتے ہیں جن کو ہم گھر کی پیشکش کرتے ہیں۔ پیشکشیں پالیسی کے مطابق کی جاتی ہیں۔ پالیسی کی کاپی ہم سے 020 7364 2826 پر رابطہ کر کے حاصل کی جاسکتی ہے۔

website: [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

Support Charges apply to **all Sheltered homes for the Over 60's**. This will be covered by Supporting People Subsidy **if you are entitled to Housing Benefit or other benefits**. Subsidy is also available for individuals not in receipt of benefit in some cases. If you need information about financial help, please contact the Lettings Team on 020 7364 0204/0206 or ask for a copy of our leaflet 'Support Charges in long term Supporting People Services'. This is also available on our website [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk).

Further information on homes advertised is available at One Stop Shops & Neighbourhood Housing Offices

## Key for Accessible Housing Register

Some people require a home that is accessible. These homes are coded as follows:

Category	Description
A Wheelchair Accessible	Purpose built to meet most recent wheelchair housing standards
B Partially Wheelchair Accessible	Designed to older wheelchair housing standards
C Life time Homes	Specifically designed to create an accessible and adaptable home
D Easy Access	Designed to be spacious with no steps to the property
E Step-free	General housing with no steps to the property
F General Housing	Does not meet requirements for other categories
G Not assessed	Property not yet had access survey

Vulnerable applicants who need help and information regarding their housing application and with finding suitable accessible and/or adapted homes, contact the Lettings Client Support Team on 020 7364 0204 / 0206 / 0209.



**1. Internet Bidding**  
Just log on to [www.thhs.org.uk](http://www.thhs.org.uk)



**2. Telephone Bidding**  
Simply call 0845 270 2400

## Permit Transfer Scheme: for residents moving to 3 bedroom or larger social rented car free homes

The Mayor of Tower Hamlets introduced the new Permit Transfer Scheme (PTS) to operate from 5 September 2011 to help to reduce the levels of overcrowding in social rented housing in the borough. The PTS helps some families move to larger social rented car free homes by allowing them to retain one on-street resident car parking permit, subject to the PTS criteria as outlined below being met. The PTS is a change in the operation of the Council's existing on-street Residents' Parking Permit Scheme.

## CAR FREE HOMES No on-street residents' parking permits issued

The Council's 'car free homes' planning policy was introduced in Tower Hamlets in the late 1990s to help reduce traffic congestion and better manage the limited supply of on-street parking spaces. This initiative also helps to reduce the level of air pollution from motor vehicles and encourages more people to walk, cycle and go by public transport.

The Transport for London (TfL) Cycle Hire scheme ([www.tfl.gov.uk/cycling](http://www.tfl.gov.uk/cycling)) and local pay-as-you-go car clubs ([www.carplus.org.uk](http://www.carplus.org.uk)) are also now available in Tower Hamlets to help you get around in healthier, greener ways.

If you live in a car free home, you will not be able to apply for on-street residents' car parking permits, unless you hold a disabled driver's blue badge or are eligible under the Permit

Transfer Scheme (PTS), which is targeted at social rented housing residents. The criteria for the PTS is as follows:

1. applies to residents moving to 3 bedroom or larger social rented car free homes;
2. only one on-street resident parking permit per household is permitted;
3. you must have held your on-street car parking permit for at least 1 year prior to moving home;
4. your on-street parking permit must be renewed and **not lapse to remain eligible** under the scheme;
5. the tenant is responsible for providing proof of PTS eligibility to Parking Services (including a duly signed and dated Tower Hamlets Homes or housing association approved tenancy agreement); and

6. the PTS was introduced on (and operates from) 5 September 2011 by Tower Hamlets Council and **is not retrospective**.

Residents in car free homes can apply for a temporary parking permit for visiting trades people for £5 a day. To qualify, written proof of the work to be carried out must be provided, along with the vehicle's details. Each home can apply for a maximum of 20 one-day-permits within a 6 month period.

Alternatively, scratchcards are available for trades people and visitors, providing parking for up to five hours on weekdays and all day on weekends. Households can apply for up to 3 books of 10 scratchcards per year. For permit charges and information, visit [www.towerhamlets.gov.uk/parking](http://www.towerhamlets.gov.uk/parking)



# Housing Demand

Demand by bedroom need and Banding as at 16/03/2015

Bedroom(s) needed	Band 1A	Band 1B	Band 2	Band 3	Total
1 bed	658	216	1,577	6,315	8,766
2 bed	498	90	2,032	1,715	4,335
3 bed	210	130	3,745	923	5,008
4 bed	96	68	1,255	101	1,520
5 bed +	19	5	148	12	184
Total Current Demand	1,481	509	8,757	9,066	19,813
Total Lets 01/04/2014 to 28/02/2015	310	365	829	143	1,647

Homes Let from 01/04/2014 to 28/02/2015

Bedroom size	Band 1A	Band 1B	Band 2	Band 3	Total
(Bedsit) 0	2	16	47	6	71
1	116	227	180	97	620
2	100	56	404	31	591
3	62	49	164	9	284
4	28	17	14	0	59
5	2	0	19	0	21
6	0	0	1	0	1
7	0	0	0	0	0
Total	310	365	829	143	1,647

Landlord and property type of homes let

Landlord	Bungalow	Flat	House	Maisonette	Total
COUNCIL	1	344	23	84	452
RSL (Registered Social Landlord)	3	942	67	183	1,195
Total	4	1,286	90	267	1,647

Floor level of homes let

Basement	Ground	1st	2nd to 4th	5th to 10th	11+	Total
6	444	285	669	188	55	1,647

Applicants Currently Waiting (years)

The table below shows the length of time applicants are currently waiting on the Housing list. However, it is NOT an indicator of how long applicants can wait for rehousing.

Bedroom(s) required	1 bed	2 bed	3 bed	4 bed	5 bed +	Total
Up to 1 Year	1,303	684	437	60	9	2,493
2 Years	1,199	723	511	108	10	2,551
3 Years	1,291	800	671	116	18	2,896
4 Years	1,063	428	595	134	18	2,238
5 Years	837	367	511	147	18	1,880
6 Years	699	276	445	155	17	1,592
7 Years	583	197	404	102	16	1,302
8 Years	386	168	335	115	16	1,020
9 Years	368	150	273	134	13	938
10 Years	280	91	214	104	15	704
11 Years	210	94	146	80	11	541
12 Years +	547	357	466	265	23	1,658
Total	8,766	4,335	5,008	1,520	184	19,813

# TOWER HAMLETS HOUSING LIST

## INFORMATION ON HOUSING DEMAND AND LETS

The way we decide housing priority changed on the 20th April 2013.

Please see the Allocations Scheme document for details.

[www.thhs.org.uk](http://www.thhs.org.uk)





**SHELTERED**  
Accessible Category E  
**HUGH PLATT HOUSE, PATRIOT SQUARE, E2**  
Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Shared garden • Permit parking • Pets not permitted

Eligibility : Min Client Age 60

£185.53, Weekly - Social Rent  
Landlord: Gateway Housing Association

Property Ref: 31939



**OVER 50's**  
Accessible Category F  
**STUBBS HOUSE, BONNER STREET, E2**  
Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015

Eligibility : Min Client Age 50

£112.83, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 31932



**BEDSIT SELF-CONTAINED FLAT**  
Accessible Category F  
**TASKER HOUSE, WALLWOOD STREET, E14**  
Flat • 0 Bed 1 Person • 4th floor • Separate kitchen • One lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission • Rent increase pending April 2015 • One week's advance rent required at sign up of tenancy

£94.74, Weekly - Social Rent  
Landlord: Poplar HARCA

Property Ref: 31964



**BEDSIT SELF-CONTAINED FLAT**  
Accessible Category F  
**ALPHA GROVE, E14**  
Flat • 0 Bed 1 Person • 1st floor • Open plan kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy

£105.66, Weekly - Social Rent  
Landlord: One Housing Group

Property Ref: 31966



**1 BEDROOM**  
Accessible Category F  
**TROON HOUSE, WHITE HORSE ROAD, E1**  
Maisonette • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • Private garden • Permit parking • Pets permitted • Rent increase pending April 2015

£119.79, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 31925



**1 BEDROOM**  
Accessible Category D  
**KERRY HOUSE, SIDNEY STREET, E1**

Flat • 1 Bed 2 Person • 6th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015 • Heating & hot water included in charges

£130.78, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 31958

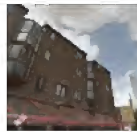


**1 BEDROOM**  
Accessible Category F  
**BRADBURY COURT, OLD CASTLE STREET, E1**

Flat • 1 Bed 2 Person • Ground Floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Electric cooking only • Flight of stairs to front door • Service charge to be advised

£139.39, Weekly - Social Rent  
Landlord: EastendHomes

Property Ref: 31960



**1 BEDROOM**  
Accessible Category F  
**BRUNSWICK HOUSE, NEW GOULSTON STREET, E1**

Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking, Property is in congestion zone • Pets not permitted

£123.04, Weekly - Social Rent  
Landlord: EastendHomes

Property Ref: 31942



**1 BEDROOM**  
Accessible Category F  
**PIGOTT STREET, E14**

Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission • Rent increase pending April 2015 • One week's advance rent required at sign up of tenancy

£123.58, Weekly - Social Rent  
Landlord: Poplar HARCA

Property Ref: 31928



**1 BEDROOM**  
Accessible Category G  
**PEABODY BUILDINGS BLOCK G, CAMBRIDGE CRESCENT, E2**

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • One week's advance rent required at sign up of tenancy

£122.21, Weekly - Social Rent  
Landlord: Peabody

Property Ref: 31954

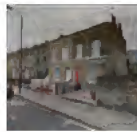


**1 BEDROOM**  
Accessible Category F  
**ROUNTON ROAD, E3**

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission • Rent increase pending April 2015 • One week's advance rent required at sign up of tenancy

£139.28, Weekly - Social Rent  
Landlord: Poplar HARCA

Property Ref: 31955



**2 BEDROOMS**  
Accessible Category F  
**WHITE HORSE ROAD, E1**

House • 2 Bed 3 Person • Ground Floor • Separate kitchen • No Lift • Wet room (walk in shower) • GCH • Private garden • Permit parking • Pets permitted • Rent increase pending April 2015

£121.52, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 31933



**2 BEDROOMS**  
Accessible Category D  
**FENTON STREET, E1**

Flat • 2 Bed 3 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted

£146.65, Weekly - Social Rent  
Landlord: Newlon HA

Property Ref: 31965



**2 BEDROOMS**  
Accessible Category D  
**BANCROFT HOUSE, CEPHAS STREET, E1**

Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • Two lifts • Entryphone • Wet room (walk in shower) • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015

£119.53, Weekly - Social Rent  
Landlord: Bancroft TMC

Property Ref: 31940

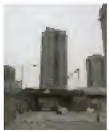


**2 BEDROOMS**  
Accessible Category F  
**DENNING POINT, COMMERCIAL STREET, E1**

Flat • 2 Bed 3 Person • 3rd floor • Separate kitchen • One lift • Bathroom with W/C • GCH • No garden • Residents parking scheme, Permit parking, Property is in congestion zone • Pets not permitted

£133.93, Weekly - Social Rent  
Landlord: EastendHomes

Property Ref: 31938

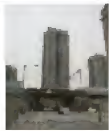


**2 BEDROOMS**  
Accessible Category F  
**SHEARSMITH HOUSE, HINDMARSH CLOSE, E1**

Flat • 2 Bed 3 Person • 9th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme, Permit parking • Pets with landlords permission

£145.80, Weekly - Social Rent  
Landlord: EastendHomes

Property Ref: 31961



**2 BEDROOMS**  
Accessible Category F  
**SHEARSMITH HOUSE, HINDMARSH CLOSE, E1**

Flat • 2 Bed 3 Person • 25th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme, Permit parking • Pets with landlords permission

£145.80, Weekly - Social Rent  
Landlord: EastendHomes

Property Ref: 31963



**2 BEDROOMS**  
Accessible Category F  
**PEABODY BUILDINGS BLOCK J, JOHN FISHER STREET, E1**

Flat • 2 Bed 3 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • One week's advance rent required at sign up of tenancy

£135.18, Weekly - Social Rent  
Landlord: Peabody

Property Ref: 31927



**2 BEDROOMS**  
Accessible Category F  
**COLLINS HOUSE, NEWBY PLACE, E14**

Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015

£126.08, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 31957

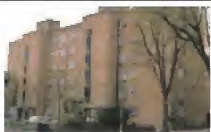


**2 BEDROOMS**  
Accessible Category F  
**FARNWORTH HOUSE, MANCHESTER ROAD, E14**

Flat • 2 Bed 3 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme, Permit parking • Pets with landlords permission

£134.13, Weekly - Social Rent  
Landlord: EastendHomes

Property Ref: 31943



**2 BEDROOMS**  
Accessible Category F  
**RUSSELL HOUSE, SARACEN STREET, E14**

Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission • Rent increase pending April 2015 • One week's advance rent required at sign up of tenancy

£144.61, Weekly - Social Rent  
Landlord: Poplar HARCA

Property Ref: 31945

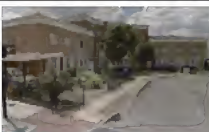


**2 BEDROOMS**  
Accessible Category D  
**CYGNET HOUSE NORTH, CHRISP STREET, E14**

Flat • 2 Bed 3 Person • 4th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets permitted • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy

£172.21, Weekly - Social Rent  
Landlord: Swan Housing Association

Property Ref: 31949



**2 BEDROOMS**  
Accessible Category F  
**LOCKSLEY STREET, E14**

Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted

£132.67, Weekly - Social Rent  
Landlord: Gateway Housing Association

Property Ref: 31950



**2 BEDROOMS**  
Accessible Category F  
**BEECHEY HOUSE, WATTS STREET, E14**

Maisonette • 2 Bed 3 Person • 3rd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015

£127.88, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 31962



**2 BEDROOMS**  
Accessible Category F  
**OFFENBACH HOUSE, MACE STREET, E2**

Flat • 2 Bed 4 Person • 6th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015

£121.58, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 31937



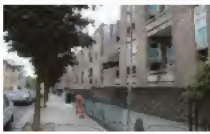
For more detailed information about the following adverts please visit the Homeseekers website at [www.thhs.org.uk](http://www.thhs.org.uk)



**2 BEDROOMS**  
**Accessible Category G**  
**CHARLES DICKENS HOUSE,**  
**MANSFORD STREET, E2**  
Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • Electric storage heater • No garden • Residents parking scheme, Permit parking • Pets not permitted • Children must be 10 years and over • Heating & hot water included in charges • Concierge

£162.43, Weekly - Social Rent  
Landlord: Tower Hamlets Community Housing

Property Ref: 31967



**2 BEDROOMS**  
**Accessible Category F**  
**BLYTHENDALE HOUSE, MANSFORD STREET, E2**  
Maisonette • 2 Bed 4 Person • 1st floor • Separate kitchen • Two lifts • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015

£129.85, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 31934



**2 BEDROOMS**  
**Accessible Category F**  
**ST LEONARDS STREET, E3**  
House • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets not permitted • Steps to front entrance door

£135.73, Weekly - Social Rent  
Landlord: Gateway Housing Association

Property Ref: 31951



**2 BEDROOMS**  
**Accessible Category F**  
**ARROW ROAD, E3**  
House • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets not permitted

£134.79, Weekly - Social Rent  
Landlord: Gateway Housing Association

Property Ref: 31952



**2 BEDROOMS**  
**Accessible Category F**  
**BRAMBLE HOUSE, DEVONS ROAD, E3**  
Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • One lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission • Rent increase pending April 2015 • One week's advance rent required at sign up of tenancy

£128.85, Weekly - Social Rent  
Landlord: Poplar HARCA

Property Ref: 31936



**3 BEDROOMS**  
**Accessible Category F**  
**NELSON STREET, E1**  
House • 3 Bed 4 Person • Ground Floor • Open plan kitchen • No Lift • Separate Bathroom and W/C • GCH • Private garden • Permit parking • Pets permitted • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy

£158.06, Weekly - Social Rent  
Landlord: Genesis Housing Association

Property Ref: 31944



**3 BEDROOMS**  
**Accessible Category F**  
**GOUGH WALK, E14**  
Maisonette • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • Private garden • Permit parking • Pets with landlords permission • Rent increase pending April 2015 • One week's advance rent required at sign up of tenancy

£155.81, Weekly - Social Rent  
Landlord: Poplar HARCA

Property Ref: 31930



**3 BEDROOMS**  
**Accessible Category F**  
**JAMES BRINE HOUSE, RAVENSCROFT STREET, E2**  
Maisonette • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • Private garden • Permit parking • Pets permitted • Rent increase pending April 2015

Eligibility : Transfer List

£139.15, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 31929



**3 BEDROOMS**  
**Accessible Category F**  
**HACKWORTH POINT, RAINHILL WAY, E3**  
Flat • 3 Bed 4 Person • 3rd floor • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy

£176.83, Weekly - Social Rent  
Landlord: Swan Housing Association

Property Ref: 31953



**3 BEDROOMS**  
**Accessible Category F**  
**KNAPP ROAD, E3**  
Maisonette • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets with landlords permission • Rent increase pending April 2015 • One week's advance rent required at sign up of tenancy

£154.54, Weekly - Social Rent  
Landlord: Poplar HARCA

Property Ref: 31959



**3 BEDROOMS**  
**Accessible Category F**  
**WHITETHORN STREET, E3**  
Maisonette • 3 Bed 6 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • Private garden • Pets with landlords permission • Rent increase pending April 2015 • One week's advance rent required at sign up of tenancy

£151.79, Weekly - Social Rent  
Landlord: Poplar HARCA

Property Ref: 31947



**4 BEDROOMS**  
**Accessible Category E**  
**SWANFIELD STREET, E2**  
House • 4 Bed 6 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets permitted • Rent increase pending April 2015

Eligibility : Transfer List

£172.01, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 31941



**4 BEDROOMS**  
**Accessible Category F**  
**RIDGDALE STREET, E2**  
House • 4 Bed 7 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • Private garden • Permit parking • Pets permitted • Rent increase pending April 2015

£168.42, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 31948



**5 BEDROOMS**  
**Accessible Category F**  
**PARFETT STREET, E1**  
House • 5 Bed 8 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets not permitted

£174.69, Weekly - Social Rent  
Landlord: Gateway Housing Association

Property Ref: 31931

## Reminder

Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes. This causes a nuisance and may distress some individuals.

# AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life. Please note the rent level and length of tenancy offered on the following homes.

You are advised to check the Homeseekers website at [www.thhs.org.uk](http://www.thhs.org.uk) for further information.

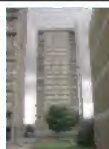


**AFFORDABLE RENT**  
**Accessible Category G**  
**WATERSIDE CLOSE, E3**

Flat • 2 Bed 3 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • On street parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£213.92, Weekly - Affordable Rent  
Landlord: OLD FORD HA

Property Ref: 31926



**AFFORDABLE RENT**  
**Accessible Category G**  
**WILMER HOUSE, DALING WAY, E3**

Flat • 3 Bed 4 Person • 20th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking, Residents parking scheme • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£242.62, Weekly - Affordable Rent  
Landlord: OLD FORD HA

Property Ref: 31935



**AFFORDABLE RENT**  
**Accessible Category G**  
**PHILIP BLAIRMAN HOUSE, ELDER STREET, E1**

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Life Time.

£255.00, Weekly - Affordable Rent  
Landlord: Newlon HA

Property Ref: 31968





## Providence Row Housing Association

# GEORGE GREEN'S ALMSHOUSE GEORGE GREEN'S HOUSE Ricardo Street, E14 6EQ

For further details  
of these properties  
please contact:

Pat O'Keefe,  
Service Improvement  
Manager,

Providence Row  
Housing Association  
and Kipper Project,

458 Bethnal Green Road,  
London E2 0EA

Tel: 020 7920 7331

**One ground floor Category A (Fully wheelchair accessible) flat**

**One ground floor Category B (Partially wheelchair accessible) flat**

Comprising: Shower Room/WC ~ Entryphone ~ Shared Garden

Double Glazing ~ Separate Kitchen

No Right to Buy ~ No pets allowed ~ Car free development

**6 x One bedroom flats: 1st to 4th floor Category D**

Comprising: Shower Room/WC ~ Entryphone ~ Shared Garden

Double Glazing ~ Open Plan Kitchen/Living Room ~ one lift

No Right to Buy ~ No pets allowed ~ Car free development

These units are most suitable for women with whom a lift would be helpful

**These units are restricted to single occupation for poor women only.**

**All residents will be signed on a licence agreement and will be required to pay a weekly maintenance contribution of £162.74 per week.**

### THE LONDON BOROUGH OF TOWER HAMLETS

#### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

#### TEMPORARY PROHIBITION OF TRAFFIC - WESTFERRY ROAD E14

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets made an Order, which will continue in force to prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway on the western arm and northern arm of the Longabout in Westferry Road (in the northbound direction only) between its junction with Heron Quay and its junction with Westferry Road at the southern arm of the Longabout.

The restriction on vehicular traffic will enable essential gas works to be carried out on the public highway by TRIIO.

The alternative route for vehicular traffic will be via Westferry Road (northbound), Westferry Road Roundabout and Westferry Road (southbound).

The restriction on vehicular traffic will continue to operate from Wednesday 1st April 2015 until the end of April 2015 and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to John Parsons, Network Coordinator, Transport and Highways on 020 7364 6680 or email, john.parsons@towerhamlets.gov.uk

Dated: 23rd March 2015

JAMIE BLAKE  
SERVICE HEAD,  
PUBLIC REALM  
MULBERRY PLACE,  
5 CLOVE CRESCENT  
LONDON E14 2BG

### LONDON BOROUGH OF TOWER HAMLETS

#### THE TOWER HAMLETS (PRESCRIBED ROUTE) (NO.1) TRAFFIC ORDER 2015

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets, on 16th March 2015 made the above mentioned Order under section 6 and 124 of the Road Traffic Regulation Act 1984, as amended by the Local Government Act 1985 and the Road Traffic Act 1991.
2. The general effect of The Tower Hamlets (Prescribed Route) (No.1) Traffic Order 2015 will be to prohibit vehicular traffic from proceeding in Tyne Street which lies between a point 6 metres north of the northern kerb-line of Whitechapel High Street and a point 40 metres north of that northern kerb-line of Whitechapel High Street.
3. A copy of the Order which will come into operation on 30th March 2015 can be inspected, by prior appointment, at the offices of Communities, Localities and Culture, Transport and Highways Department, Mulberry Place, 5 Clove Crescent, London E14 2BG, during normal office hours on Monday to Fridays inclusive, until the expiration of a period of 6 weeks from the date on which the Order was made.
4. Any person desiring to question the validity of the Order or of any provision provided therein on the grounds that it is not within the relevant powers of the Road Traffic Regulation Act 1984, or that any of the relevant requirements thereof or any relevant regulations made thereunder have not been complied with in relation to the Order, may within six weeks of the date on which the Order were made, make application for the purpose to the High Court.

Dated: 23rd March 2015

JAMIE BLAKE  
SERVICE HEAD,  
PUBLIC REALM

*Free* **REFURBISHMENT  
FOR LANDLORDS**  
On all 1-5 Year Guaranteed Rent Packages



- 0% Commission
- 0% Full management
- 0% Rent loss during contract
- 0% For free property inspection
- 0% For free Gas, Electric & EPC Certificates

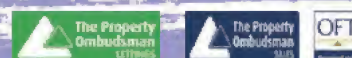
**0% TO SELL OR RENT  
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**PROPERTIES URGENTLY REQUIRED**

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www.primelandproperty.co.uk

**020 7377 5445**



\*T & Cs apply  
124 Whitechapel Road, London E1 1JE





### TowerSkills in partnership with the NHS is recruiting for a variety of Apprenticeship opportunities across London.

Apprenticeships provide routes into a variety of careers in the NHS and are an excellent opportunity to earn, gain work experience and achieve nationally recognised qualifications at the same time.

An apprenticeship can last from 12 months to 4 years depending on the role and the level. During that time you will be:

- Employed for a minimum of 30 hours per week
- Working and studying towards a nationally recognised qualification
- Work alongside experienced staff
- Gain job-specific skills

We are recruiting for apprentices in the following roles:

- **Business Administration**
- **Customer Service**
- **Clinical Support Workers**
- **Health & Social Care**
- **Midwife Support Workers**
- **Pharmacy Assistants**
- **Receptionist**
- **Medical Clerks**
- **Pathology**
- **Perioperative Support Worker**
- **Transportation**

TowerSkills works with employers who offer a competitive wage, paid annual leave and ongoing support to achieve qualifications and progression to permanent employment.

To register your interest for one of these exciting opportunities please send your CV with a covering email/letter stating which apprenticeship you would be interested in to:

**bdateam@tower.ac.uk** or, TowerSkills, George Green Building, 155 East India Dock Road, London, E14 6DA.

Once received you will be invited to an initial screening session at TowerSkills/Tower Hamlets College.

This will be followed by a 2 week Employability Boot Camp prior to Interview.

**Closing date for applications is Friday 24th April 2015**



### Secondary English and Science Teachers Mazahirul Uloom London (MUL)

(September 2015 or earlier)

**Contract type:** Full Time | **Contract term:** Permanent

We are looking for outstanding Secondary English and Science Teachers to join our School in September 2015 or earlier who have experience of teaching English and Science at Key Stages 3 and 4, the ability to share your outstanding practice and develop other colleagues, a creative and enthusiastic approach both in and out of the classroom, an excellent team player both within the subject and across phases and excellent IT and interpersonal communication skills to work closely with students and parents.

To be considered for these posts you must hold a degree and PGCE/QTS or equivalent in the relevant subject. Remuneration is negotiable according to qualifications and experience.

**Applicants interested in applying need to email us at [info@mul.org.uk](mailto:info@mul.org.uk) and include the following:**

- A cover letter (no more than 2 pages)
- A detailed CV

### Headteacher, Mazahirul Uloom London (MUL)

**Contract type:** Full Time | **Contract term:** Permanent

Those interested in applying should have Qualified Teacher Status in English or mathematics or science, have a proven track record of success in school management, be ambitious and ensure a consistently high quality education for all MUL students, lead by example with a relentless drive for improving teaching standards and students' attainments, respect and build on the school's ethos, goals and values, have a thorough understanding of current best practices and developments in education, be able to lead and manage day to day running of the school and have excellent communication skills to work closely with all stakeholders including parents.

Remuneration is negotiable according to qualifications and experience.

**Applicants interested in applying need to email us at [info@mul.org.uk](mailto:info@mul.org.uk) and include the following:**

- A cover letter (no more than 2 pages)
- A detailed CV

For more information call Altaf Hussain 07984 848528

## Career Opportunities

All boroughs are unique. Many are vibrant and multicultural. Some have a rich historical background. Others have a modern edge. Tower Hamlets is all of these - it's got the TH buzz that's felt by those who live and work here....



### Paralegal - Social Care Team

Law, Probity & Governance Directorate

Ref: LPG00050

Closing date: 06.04.15

**£26,337 - £27,879**

per annum

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.

**[www.towerhamlets.gov.uk/careers](http://www.towerhamlets.gov.uk/careers)**

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.



### FEMALE PA REQUIRED BETHNAL GREEN

To support independent disabled woman for 4 hours each week. £8.80 an hour. Previous experience of PA work in community setting / one to one support in an individual's home is essential.

You can download the application pack from **[www.real.org.uk/AW119](http://www.real.org.uk/AW119)**

or write to **Ref. AW119**

Real, 1st Floor Jack Dash House,  
2 Lawn House Close, London E14 9YQ

**Closing date: 5pm 7 April 2015**

**Interviews: Early April**

To place your public notice here call

**Sharan  
7364 4061**

**Chris 7364 4994**

**Fatima  
7364 4623**

**Terri 7364 4682**

## Public notices

### LONDON BOROUGH OF TOWER HAMLETS

#### LICENSING ACT 2003 NOTICE OF APPLICATION FOR A PREMISES LICENCE

NOTICE IS GIVEN THAT Greenwich+Docklands Festivals has applied to London Borough of Tower Hamlets Licensing Authority for a Premises Licence under the Licensing Act 2003 for the following premises: Canary Wharf Estate, London E14. (Cabot Square, Canary Riverside, Columbus Courtyard, Cubitt Steps, Jubilee Mall, Jubilee Place, Montgomery Square and Westferry Circus).

The licensable activities and timings are: A series of performances featuring plays, live music, recorded music and dance from Monday 29 June – Friday 3 July 2015 (1230 – 1930) and Saturday 4 July (1200 – 1800).

Anyone who wishes to make representations regarding this application must give notice in writing to:

The Licensing Section, London Borough of Tower Hamlets, Mulberry Place, 5 Clove Crescent, London E14 2BG.

Website: [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). Tel: 020 7364 5008

Representations must be received no later than 17/04/2015.

The Application Record and Register may be viewed between 10am and 4pm Monday to Friday during normal office hours at the above address.

It is an offence under Section 158 of the Licensing Act 2003, knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to level 5 on the standard scale (£5000).

### LONDON BOROUGH OF TOWER HAMLETS

#### LICENSING ACT 2003 NOTICE OF APPLICATION FOR A PREMISES LICENCE

**NOTICE IS GIVEN THAT** Odisseo Enterprise Ltd has applied to London Borough of Tower Hamlets Licensing Authority for a Premises Licence under the Licensing Act 2003.

Premises:

The Coffee Room,  
6a Grove Road,  
London E3 5AX

Licensable activities and timings are: the sale of alcohol by retail, with hours specified, that is, Monday to Sunday from 7am to 11pm

Anyone who wishes to make representations regarding this application must give notice in writing to:

The Licensing Section, London Borough of

Tower Hamlets, Mulberry Place, 5 Clove Crescent, London E14 2BG

Website: [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

Tel: 020 7364 5008

Representations must be received no later than 08/04/15

The Application Record and Register may be viewed between 10am and 4pm Monday to Friday during normal office hours at the above address.

It is an offence under Section 158 of the Licensing Act 2003, knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to level 5 on the standard scale (£5000)

### THE LONDON BOROUGH OF TOWER HAMLETS

#### ROAD TRAFFIC REGULATION ACT 1984

##### - SECTION 14 (1)

##### TEMPORARY

##### PROHIBITION OF

##### TRAFFIC –

##### CAROLINE STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Caroline Street for a distance of approximately 50 metres between its junction with Cable Street and its junction with Commercial Road.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by Road Traffic Solutions. Local access should be provided for residents and businesses to their properties.

The restriction on vehicular traffic will be via Commercial Road, Pitsea Street and Cable Street.

The restriction on vehicular traffic will operate on Sunday 29th March 2015 and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Dave Pryce, Network Coordinator, Network Management Team, Transport and Highways on 020 7364 6898 or email, [david.pryce@towerhamlets.gov.uk](mailto:david.pryce@towerhamlets.gov.uk)

**Dated: 23rd March 2015**

**JAMIE BLAKE  
SERVICE HEAD,  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG**



## LONDON BOROUGH OF TOWER HAMLETS

### PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

**Flat 101, Lexington Building, Fairfield Road, London E3 2UH** **PA/15/383/BMC**

Listed Building Consent is sought for internal works to replace the existing spiral staircase for a straight staircase and the replacement of the balustrade on mezzanine level with glass balustrade.

**26 Naval Row, London E14 9PS** **PA/15/384/KFL**

Proposed redevelopment of existing vacant workshops to provide a part 6, part 5, part 4 storey building comprising 26 flats (10 x 1 bed, 9 x 2 bed, 7 x 3 bed) set behind retained existing front façade.

**Tobacco Dock, Pennington Street, London E1W 2SG** **PA/15/225/ADW**

Application for Listed Building Consent for internal alterations to the Grade I listed building, including the removal of partitions within Bays 4 & 5 at ground floor level and works at basement level including the installation of new partitions.

**Flat 22, Slipway House, 2 Burrells Wharf Square, London E14 3TD** **PA/15/463/IOL**

Removal of internal non-load bearing wall between kitchen and living room

**25-48 Temple Dwellings, Temple Street London** **PA/15/486/LAB**

Installation of 3.no security gates to front entrances.

**Flat 1, Shiplake House, Arnold Circus, London E2 7JR** **PA/15/515/SHA**

Change of use from office (Use Class B1) to single 3 bed residential dwelling (Use Class C3) and associated internal and external works to facilitate the residential use.

**536 Roman Road, London E3 5ES** **PA/15/412/SAE**

Change of use from A1 (retail) to A3 (restaurant). Installation of internal extract/exhaust fan and addition of external vent duct/flue on rear façade

**Roccoco House, 65 Princelet Street, London** **PA/15/388/ADW**

The replacement of 2 x pole mounted telecoms antennas and installation of a SAMO cabinet measuring 750 x 600 x 1980mm at roof level.

**Land at South East junction of Douro Street and Fairfield Road, Douro Street, London** **PA/15/455/CSK**

Demolition of existing buildings and redevelopment of the site to provide a residential development, comprising the erection of part 2 to 3 storey building to provide nine dwellings (three houses and six flats), cycle parking, refuse/recycling facilities and access together with landscaping including communal and private amenity space.

**Wellington Way Health Centre, 1A-1B Wellington Way, London E3 4NE** **PA/15/575/SAE**

T1: large Sycamore - Fell as low as possible and grind out tree stump due to signs of fungus and decay

**105 Redchurch Street, London E2 7DL** **PA/15/468/LYM**

Replacement shopfront.

**Payphone Kiosk outside 92-93 Whitechapel High Street, London E1 7RA** **PA/14/3352/GGW**

Erection of an (ATM) cash machine (with the removal of the existing ATM/telephone kiosk located on the pavement outside 92 Whitechapel High Street) as part of the re-alignment of the kerb line at the location to implement Transport for London's Supercycle Superhighway upgrade project. (Revised description)

**Vacant Site at 97-99 Whitechapel High Street, London E1 7RA** **PA/15/429/SHA**

Temporary Screening Shroud Incorporating Building Replica and Commercial Advertising Space.

**106 Commercial Street and 14 Hanbury Street, London E1 6LZ** **PA/15/403/ADW**

Change of use of the rear ground floor of 14 Hanbury Street from 'unknown' to B1 (office) and of the basement, lower ground, ground, upper ground and first floor levels at 106 Commercial Street from A1 (retail) and B8 (warehouse) to B1 (office).

THE FOLLOWING ARE HOUSEHOLDER APPLICATIONS AND IN THE EVENT OF AN APPEAL AGAINST A REFUSAL OF PLANNING PERMISSION, WHICH IS TO BE DEALT WITH ON THE BASIS OF REPRESENTATIONS IN WRITING, ANY REPRESENTATIONS MADE ABOUT THESE APPLICATIONS WILL BE SENT TO THE SECRETARY OF STATE, AND THERE WILL BE NO FURTHER OPPORTUNITY TO COMMENT AT APPEAL STAGE.

**6 Milligan Street, London, E14 8AU**

**PA/15/477/SAE**

Erection of a single storey ground floor rear extension

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

**Dated: 23rd March 2015**

**OWEN WHALLEY**  
Head of Planning and Building Control



## LONDON BOROUGH OF TOWER HAMLETS TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4)) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

**26 Naval Row, London, E14 9PS** **PA/15/384/KFL**

Proposed redevelopment of existing vacant workshops to provide a part 6, part 5, part 4 storey building comprising 26 flats (10 x 1 bed, 9 x 2 bed, 7 x 3 bed) set behind retained existing front façade.

**Mallard Point, 6 Rainhill Way, London** **PA/15/350/IOL**

Application for variation of condition no. 8 of planning application dated 01/12/2010, ref: PA/09/02615.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

**Dated: 23rd March 2015**

**OWEN WHALLEY**  
Head of Planning and Building Control



## THE LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1) TEMPORARY PROHIBITION OF TRAFFIC – HANBURY STREET E1

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Hanbury Street between its junction with Wilkes Street and its junction with Brick Lane.

The restrictions on vehicular traffic will enable essential works to be carried out on the public highway by J. Murphy & Sons Limited on behalf of Optimise Thames Water.

The alternative route for vehicular traffic will be via Hanbury Street, Wilkes Street, Fournier Street and Brick Lane.

Throughout the duration of the works, and at times when the "one way" and "no entry" traffic signs are covered, the existing one way working in Hanbury Street between its junction with Wilkes Street and its junction with Brick Lane will be temporarily suspended.

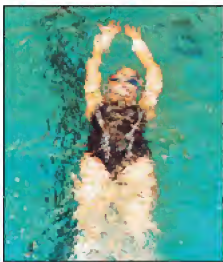
The restriction on vehicular traffic will operate from Monday 30th March 2015 to Friday 3rd April 2015 and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the traffic restriction to Dave Pryce, Network Coordinator, Network Management Team, Transport and Highways on 020 7364 6898 or email [david.pryce@towerhamlets.gov.uk](mailto:david.pryce@towerhamlets.gov.uk)

**Dated: 23rd March 2015**

**JAMIE BLAKE**  
**SERVICE HEAD,**  
**PUBLIC REALM**  
**MULBERRY PLACE**  
**5 CLOVE CRESCENT**  
**LONDON E14 2BG**





# No need to sit on the sidelines

There are many ways you can take part in sport and improve your fitness in Tower Hamlets. Our listings include everything from cricket to yoga and aerobics to taekwondo.

SEE BELOW

# Get involved

For The Girls aims to inspire greater female participation in sport and exercise. To find out more visit...

WWW.BETTER.ORG.UK

## Sport

### Leisure centres

**John Orwell Sports Centre**  
Tench Street, Wapping, E1W.  
7488 9421

**Langdon Park Leisure Centre**  
35 Byron Street, Poplar, E14  
SHOKK Youth Fitness Centre.  
7987 3575

**Mile End Park Leisure Centre**  
190 Burdett Road, E3.  
8709 4420

**Mile End Park Stadium**  
Rhodeswell Road, Poplar, E14.  
8980 1885

**St George's Pools**  
221 The Highway, Wapping E1W.  
7709 9714

**Tiller Leisure Centre**  
Tiller Road, Isle of Dogs, E14.  
7987 5211

**Whitechapel Sports Centre**  
55 Durward Street,  
Whitechapel, E1.  
7247 7538

**York Hall Leisure Centre**  
5-15 Old Ford Road, E2.  
8980 2243

### Sport & leisure

#### Back to netball

Weekly. Tues, 6pm. £1.10.  
John Orwell Sports Centre,  
Tench Street, E1W.  
07914 685261

#### Body conditioning

Thurs, 6.15pm. Shadwell Basin  
Centre, Glamis Road, E1.  
07961 951522

#### Cricket coaching

Under-11s and under-13s –  
Weds, 4-5.30pm; under-16s –  
Tues, 4.30-6pm; ages 16+ –  
Thurs 5-8pm.  
Dockland Settlements,  
197 East Ferry Road, E14.

#### Docklands women's running group

All abilities welcome  
Mon, 6.30pm. Mile End  
Stadium, Rhodeswell Road, E14.  
07958 368070

#### Football training

Every Sat, 9-11am for boys and  
girls aged 5-11, Mulberry School  
for Girls, Richard Street, E1;  
12-1pm for boys and girls aged  
3-5. St Patrick's School, Dundee  
Street, E1W.  
07956 095218

#### Kibondo

Martial art for ages 6 & over.  
Mon, 6.30-8pm, all ages; Fri,  
7-8.30pm, seniors & adults. £4  
adults, £3 children, first lesson  
free. Teviot Centre, Wyves  
Street, E14.  
07956 428654

#### Kickboxing and self-defence

£5 per class. Suns, 1pm; Tues,  
7pm (women only).  
Whitechapel Sports Centre,  
Durward Street, E1.  
07983 201987

#### Chi Kung

Ancient, Chinese, gentle,  
meditative exercises.  
Mon, 6-7.15pm.  
St Margarets' House  
Settlement, E2.  
07905 098413



**MORE than 500 women took part in a week of sports, leisure and beauty sessions organised by the council's sports development team and leisure centre operator Better. There were taster sessions in cycling,**

**Brazilian dance, trampolining, football, netball fitness, BoxFit and aqua-jogging. The week ended on March 14 with a basketball tournament at Mile End Park Leisure Centre, which was won by the Panthers (pictured).**

**Kool Karate and Fitness Fun**  
Every Tues & Thurs, 5-6pm.  
St James-the-Less Hall, St  
James's Avenue, E2.  
07934 126510

#### Kung fu

Learn the Wong Shun Leung  
system of ving tsun.  
Weds, 8-9pm. £7, adults only  
(kids classes coming soon).  
St John's Church Hall, 200  
Cambridge Heath Road, E2.  
07930 609379

#### Kung fu fitness

Mons 7-9pm. Bryant Street

Methodist Centre,  
Stratford, E15.  
07950 637345

#### Muay Thai for women

KO London, 186 The Arches,  
Globe Road, E2. Sat 3-4.15 £7  
concs, £9 waged.  
7265 9693

#### Martial arts

Learn the Wong Shun Leung  
system of ving tsun kung fu.  
Weds 8-9pm. £7, adults only.  
St John's Church Hall, 200  
Cambridge Heath Road, E2.  
07930 609379

#### Netball

Arbour Netball Club train at  
the Parkside Leisure Centre at  
Mulberry School, Commercial  
Road, E1 every Monday night.  
01277 811772

#### Rugby

Millwall Rugby Club. Men's,  
women's and youth teams.  
Suns, 10.30am-12pm (youth);  
Mons, 7.30-9pm (adults); Weds,  
7.30-9pm (men); Thurs. 6.30-  
7.30pm (boys aged 7-17); Thurs,  
7.30-9pm (women all ages).  
www.millwallrugby.com

#### Rugby for children

Tag rugby (non contact) games

for ages 2 - 7. Sats, 10am-12pm  
(term-time). Free trial.  
Victoria Park, Grove Road, E9.  
01252 794150  
www.trytimekidsrugby.com

#### Self-defence and keep fit

Self-defence and keep fit with  
freestyle Tae Kwon do. Mixed  
classes of adults and children  
every Tues 6.30-8pm & Sun, 1-  
3pm.  
Tiller Leisure Centre, Tiller  
Road, E14.  
8310 1469 or 07950 896926

#### Seniors exercise

Mons, 1.30pm, line dancing;  
Tues, 10.45am, workout.  
London Dockers Club,  
6 Boulcott Street, E1.  
7790 3785

#### Sun kune do

Mons, 7-8.15pm. Adults £4.50,  
ages 10-16, £3.50.  
Lifra Hall, 7 Halley Street, E1.

#### Swimming

Learn to swim (5 years +),  
competitive swimming  
skills/fitness (9 years +), and  
masters swimming  
(18 years+).  
Bethnal Green Sharks  
Swimming Club, York Hall, and  
Mile End Park and St George's

leisure centres.  
07931 782172  
www.bgssc.co.uk

#### Taekwondo classes

Taster class £5 for adults, £3 for  
children aged five to 14.  
Adults £50-£40 per month.  
Easy Studio, 60-64 Kingsland  
Road, E2.  
7033 4660

#### Table Tennis Club

Every Sat, 10am-12pm  
For ages 11-19  
George Green's School, 100  
Manchester Road, E14.  
7987 6032

#### Tiller Runners

Women's running group,  
suitable for all abilities. £1.10  
per session. Mon, 6.30pm.  
Meet at Tiller Leisure Centre,  
Tiller Road, E14.  
7987 5211

#### Women's football

Train with KIKK Talang, KIKK  
United's development team,  
for ages 16+.  
Free. Mons, 8-9pm  
Whitechapel Sports Centre,  
Durward Street, E1.  
kikkktalang@gmail.com  
kikkunited.wordpress.com

#### Women's self-defence

Mons, 7-8.15pm, £5 adults/  
£3.50 children. John Orwell  
Sports Centre, Tench Street, E1.  
07949 597965

#### Angel yoga

Kundalini yoga for beginners  
every Tues, 7.30-8.45pm. £9.  
St Hilda's Community Centre,  
18 Club Row E2.  
07890 909928  
satkartarkaur@rocketmail.com

#### Gentle Yoga

Relaxation and meditation. All  
welcome. £7 (concessions  
available).  
Mons, 6.15-8.30 pm.  
Glamis Residents' Hall, 414  
Cable Street, E1.

#### Yoga Creation E14

Ashtanga, Vinyasa, Hatha yoga  
classes (£10-£14), courses &  
workshops. For beginners to  
advanced, 7 days a week.  
Pregnancy yoga, £13.  
7517 9183  
www.yogacreation.co.uk

### THE LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1) TEMPORARY PROHIBITION OF TRAFFIC – GLOBE ROAD E3

**NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Globe Road for a distance of approximately 50 metres, north, from its junction with Roman Road.

The restrictions on vehicular traffic will enable essential resurfacing works to be carried out on the public highway by LBTH.

The alternative route for vehicular traffic will be via Roman Road (westbound), Cambridge Heath Road, Old Ford Road (eastbound), and Globe Road.

Throughout the duration of the works, and at times when the "one way" and "no entry" traffic signs are covered, the existing one way working in Globe Road between its junction with Roman

Road and its junction with Old Ford Road will be temporarily suspended.

The restriction on vehicular traffic will operate on Sunday 29th March 2015 and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the traffic restriction to Gary Marshall, Design Engineer, Engineering, on 020 7364 6669 or email gary.marshall@towerhamlets.gov.uk

**Dated: 23rd March 2015**

**JAMIE BLAKE  
SERVICE HEAD, PUBLIC REALM  
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LONDON E14 2BG**



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Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

## The best of British

The London Aquatics Centre in the Queen Elizabeth Olympic Park will host the British Swimming Championships for the first time since the 2012 Olympic trials.

SEE BELOW

### Sport

# Hamlets feel the pressure

SOCCER ROUND-UP  
BY PETER FAULKNER

## THE nerves are starting to jangle as FC Hamlets POAPC sit at the top of the Essex Olympian League Division Three.

They suffered a first league defeat, away to Ramsden Scotia, a week after losing their grip on the London Cup and with it a year-long unbeaten run.

They are still nine points clear of their nearest rivals and ten points ahead of third-placed Ramsden.

So they still remain favourites to win a title for the second successive season, but things are getting a bit edgy.

A number of team changes saw Hamlets struggle to find

their form and they barely created a chance in the first half.

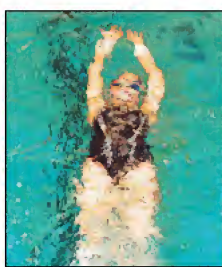
They improved after the break but, against the run of play, Ramsden went ahead on the hour.

Hamlets pressed hard for an equaliser but were unable to get that much needed goal.

■ Bottom-of-the-table **Sporting Bengal** endured another bad week, conceding ten goals in two matches.

In mid-week they lost 4-0 at Ilford – Chris Evans, Sam Bubb, Luke McLeavey and Carl Mullings getting the goals – and at the weekend they went down 6-2 at Takeley.

■ The Essex Senior League match between **Tower Hamlets FC** and Eton Manor was abandoned.



IT was cup final week for the Inner London Football League and fans at Mile End Stadium saw two cracking matches.

First up were Premier Division champions Leytonstone against First Division Bow in the League Cup.

The champions didn't have it all their way in the first half but went into the break 1-0 ahead. The half-time talk clearly had the desired effect though, and they hit four more after the break on their way to a 5-1 win.

Forty-eight hours later SCTA and Reachout, respectively champions and runners-up in the league, came face to face in the Challenge Cup final and it was revenge for Reachout

(pictured above) who won thanks to an 88th-minute goal. In the league, with Bromley not playing, it was down to the chasing pack in the Premier Division to make up ground. Tigers beat Abohani 2-0 to reduce the gap to three points. In the First Division, Mostyn and FC Bhundu won their games 3-0 against bottom two Redbridge and Riverside respectively. Stepney continued their race to the title with a 1-0 win against Tower Hamlets B. London Tigers won their final Open Age Premier Division match 6-2 over Island, but have only a mathematical chance of the title after Stepney beat West End 6-2.

### Squash

REIGNING champion Nick Matthew is the favourite to walk away with the **Canary Wharf Squash Classic** crown this week, but fans might also be getting a glimpse of a future champion as well.

Before Friday's final at East Wintergarden, tournament organisers have added a unique feature – an on-court shoot-out between two rising English stars, Ben Coleman and Lyell Fuller.

At stake for the winner of the best of three match is a coveted wild card place in next year's main draw.

The clash will provide an interesting glimpse into the future of the sport, but all eyes will be on the main event where three-time world champion Matthew is odds on to win a fifth title.

### Netball

WHEN the University College London sixth team turned up at SportsDock with just six players, it was almost

certain that the **University of East London's** unbeaten netball record was safe.

And so it was, comfortably. Goal attack Stacie Smith scored an incredible 41 times as UEL won 60-22 and finished their season with an unbeaten record of 10-0.

■ UEL women's volleyball team struggled against UCL, but recovered their form to win in straight sets and reach the BUCS Trophy final.

### Varsity Trophy

THE **University of East London** is bidding for a hat-trick of Varsity Trophy successes when the 2015 event kicks off this week.

Forty teams will compete in 20 sports for the trophy beginning with badminton and futsal at UEL's SportsDock this Wednesday, March 25 and finishing the same day with men's and women's basketball at the venue.

Lee Valley Hockey Centre and Beckton District Park will also be used for the event which includes tennis,

hockey, football, netball, indoor cricket, table tennis, trampolining and wheelchair basketball.

### Basketball

LONDON **Lions** bounced back from the disappointment of their League Trophy semi-final exit with a big 86-73 win against Manchester Giants at the Copper Box arena.

Vince Macaulay's team were in top form against the Giants and move into outright fifth spot to keep alive their slim hopes of getting a top four place ahead of the play-offs

After a low-key start, both teams eventually found some rhythm and it was the visitors who led 22-21 after the opening ten minutes – thanks mainly to the three-point shooting prowess of Latvian guard Ingus Bankevics.

But the Lions turned the match on its head to lead 42-33 at the halfway point.

Great Britain star Drew Sullivan came out of the locker room to help ram

home the Lions' advantage with a couple of three-pointers. He went on to top score for his team.

Giants never looked like launching a rescue mission and when their top scorer Bankevics picked up a fifth foul in the last period, their hopes went with him to the bench.

### Yoga

THE ArcelorMittal Orbit in the Queen Elizabeth Park is being transformed into an 80m-high yoga studio on Saturday mornings.

Participants will be able to enjoy epic morning views of the park venues as they practise hatha yoga with teacher Rebecca Spooner.

There will be two classes – advanced, from 7-8.15am, and beginners, from 8.15-9.30am.

### Sailing

LEILA Moore of Docklands Sailing & Watersport Centre on the Isle of Dogs

finished third overall in the latest Frostbite Series, but was the first youth home.

She won three of the last four races to take the City of London Beadles' Guild Chairman's Cup, behind overall winner Rachael Sheridan.

Sheridan had already put together a consistent string of results and, with her usual sailing partner absent, teamed up with Leila to finish the series top of the leader board.

### Swimming

FOR the first time since the Olympic trials of 2012, London Aquatics Centre will host the **British Swimming Championships**.

The venue will provide the perfect setting as the cream of British swimming compete for a place at next year's World Championship.

Swimmers will be competing across five days, from April 14-18, for the chance to represent their country in 2016.





## Clubs are on the up

East London and Wapping hockey clubs are both enjoying a cracking end to the season. Between them, the clubs had five more teams promoted on a single weekend.

SEE BELOW

## Sport



### Judo

KARATE ace Liam Veras switched to a different martial art and won two gold medals. Liam, aged nine, showed he is something of an all-rounder in the London Area Development judo competition. First he won the under-12 below-30kg category, a level 2 development event for juniors and seniors players who must live or go to

school, college or university in a London borough. Father and coach, Raphael, said: "He fought like a real samurai and was a deserved gold medal winner." Just 24 hours later Liam along with his elder brother Luan, ten, travelled to the K2 Arena in Crawley to compete at the South of England Judo Open and while Liam again won gold, Luan had to settle for a bronze medal in the under-12 below-42kg group.

# Five promoted for East London and Wapping

BY PETER FAULKNER

**THE season is reaching an exciting climax for both East London and Wapping hockey clubs.**

And between them, the clubs had five more teams promoted.

It was certainly East London's weekend as they pulled off a hat-trick of successes with their 1st, 5th and 6th teams all winning promotion while Wapping men's 3rd team move up after several seasons of trying.

East London men travelled to Blueharts 2nds knowing they had to win to secure promotion and they did it in style winning 3-1 with goals from Sam Boddington, David Polley and Joe Green.

Next season they will be playing in the East Division 1 for the first time in the club's 25-year history.

The 5ths went up a division for the fourth successive year after beating Saffron Walden 3-1 thanks to goals by Aaron Mifsud, Tom Latchem and a Jeremy Whipp penalty.

The 6th team enjoyed a second successive promotion, even though they were beaten at home 6-1 by Saffron Walden.

To finish off a great weekend for the Sparrowhawks, Joe Fryer scored a hat-trick as the 8ths went on the rampage beating Thurrock thirds 9-2. The other goals came from Aaron Niyazi (2), Iain Isacsson, Syed Jahan, Joe May and Ewen Turner.

Wapping 3rds, after several seasons of trying, finally got promoted from Division 3SE with a 4-1 win over Upminster.

They enjoyed a pre-match boost before they faced Upminster when they heard the 4ths had beaten third-placed



■ **WAPPING ladies 1sts faced Broxbourne and had to win to have any chance of staying in the East Premier League. But shortly after half-time Broxbourne seized a mis-timed back pass to score. Wapping (pictured on a happier occasion) were then dealt a blow when skipper Lucy Todd was given a yellow card and sent off for controlling the ball with her stick above shoulder height. They battled hard to the end but were unable to make a breakthrough.**

Redbridge, meaning a win would take them up.

The team were inspired by this news and midfielder Alain Traill continued his good form by earning a penalty corner.

From the set piece Chris Austin scored with a reverse strike after Scott Alder's initial effort was saved, but Upminster equalised almost immediately.

With half-time approaching, Wapping won another penalty corner. This time, instead of shooting, the ball was moved around the Upminster defence, resulting in a tap-in for captain Greg Edmunds.

After the break it was clear that nerves

were showing but Wapping were still making chances.

Eventually, another penalty corner was won and switched to White, who flicked the ball over the top to put Wapping well in front.

With the pressure suddenly off, Wapping found their form and notched a fourth goal almost immediately. Farley intercepted an Upminster ball and crossed for White to convert at the back post.

To complete a great weekend the men's 7th team also went up after goals by Charlie Monks (2) and Tom Griffith saw them edge past Redbridge, 3-2.

## Multi-talented

Karate ace Liam Veras shone in a judo competition. "He fought like a real samurai," said dad Raphael.



Johnny Johnson was one of Repton's star performers

## Repton juniors on song again

### Boxing

**REPTON'S boxers march on in the Junior ABA championships with eight of their nine starters in the semi-finals and finals.**

The quarter-final stage at Camberley, Surrey, produced two superb performances from Henry Turner and Johnny Johnson.

Both boxers stopped their opponents in the third round – Turner beating Charlie Cousins (Smallholdings) and Johnson outclassing Leon Dentith (Team Wiseman).

Both Jessie Dean Harris and John Lee got walkovers while the rest all enjoyed points wins.

Tommy Roberts defeated Paul Fowler (Heart of Portsmouth), Faisal Khan beat John Beaney (Rumbles) and the final winner on points was Jamal Khan.

John Hanrahan was the one to miss out, dropping a split decision to Mark Chamberlain (Team Wiseman).

■ **REPTON** also had a busy time in Belfast at the weekend, facing their old rivals in a team match at the plush Titanic Hotel.

The annual home and away



Tommy Roberts

team match – the Irish come here again on May 15 at the Porter Tun Rooms – ended in an honourable 4-4 draw.

Ryan Pickard punched out an impressive points win over Dean Anderson and further points successes came from Ricardo Slue over Pat Copeland, Matthew Yazidi against Len McFarland and Miguel Lopez against Tommy Patricks.

The losers, all on points, were Mike McCarthy at the hands of Chris Meagan, Simon Lewis against L Kakouv and Steve Kaczmarczyk against Mike Nevin.

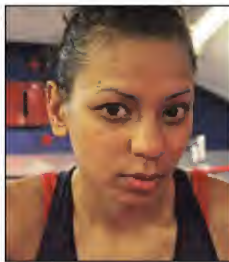




## More inside

For stories on hockey, football and boxing, plus our sports listings...

SEE PAGES 33-35



## Everyone thought I had done enough

"I had my opponent down four or five times but the judges still didn't award me the fight. I was shocked because everyone thought I had clearly done enough to be champion."

RUQSANA BEGUM



TOWER HAMLETS

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

# Ruqsana down but not out

Kickboxer vows not to quit after disappointment of losing world title bid... but weightlifter Taslima takes British title

BY PETER FAULKNER

**RUQSANA Begum and Taslima Begum are proving to be models for women and girls aspiring to sporting excellence.**

Both women are British champions – Ruqsana in her tough sport of Muay Thai boxing and Taslima in the gruelling world of weightlifting.

On March 14 Ruqsana, a part-time science technician at Swanlea School, Whitechapel, narrowly failed in her second bid to become a world champion.

The British champion, trained by Bill Judd at the KO gym in Bethnal Green, could not believe the verdict that robbed her of glory against French girl Ludivine Lasnier at Earls Court.

"I had Lasnier down four or five times and when they announced the result everyone was shocked," she said.

"Even my opponent had her head bowed suggesting she thought she had lost. I could not have done any more."

Ruqsana wants to take a short break to recover then get back to helping Muslim women become sporting superstars.

"I just need to have a short break now and chat to my coach to see where we go from here.

"I won't quit though.

"I love this sport, it is my passion. I am still one of the world's top Muay Thai fighters. I train Muslim ladies at the Osmani Centre and want to encourage more of them to take up the sport."

A week earlier Taslima, a pupil at Oaklands School, Bethnal Green, won the British Schools weightlifting title.



Taslima Begum

Now both have set their sights on other goals.

She has now set her sights on achieving two things – a London Youth Games gold medal and top grades in her GCSEs.

Taslima became champion in her first major event at Oldbury in the West Midlands, a remarkable achievement considering she had to fit her training in with studying for exams.

But her reward for winning year 11 below-48kg girls title is a place in the regional development squad, where her talents will be honed by some of the best coaches in the business.

Coach Rich Kite was thrilled by her performance.

He said: "I'm immensely proud of the efforts Taslima puts into training. She has been the most consistent athlete I work with and although modest, she never likes to skip any training.

"Proof that hard work pays off, she has done exceptionally well in such a short space of time, and I am really excited to see what she is able to do in the future."



Ruqsana had Lasnier on the canvas several times

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